

BBC

April 2022
DHS15

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Middle East

Ramadan special

- + Griddled squid, lentil, roast pepper & preserved lemon with tahini
- + Moroccan chicken with fennel & olives
- + Chana daal halva infused with saffron, cloves & cardamom

***EASIEST
EVER
MIDWEEK
MEALS***

**HOMEMADE
GIFT**

**Make your
own chocolate
Easter egg**

***CELEBRATE
SPRING***

**Cook Smashed cannellini bean crostini • Bake
Poached chicken & pancetta pie with spring onion
colcannon • Make Citrus marmalade**



CPI

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RAMADAN MUBARAK!

رَمَضَانُ كَرِيم

Enjoy our Iftar menu!
Available daily, for two hours
during Iftar, throughout Ramadan.

AED 69

One soft drink, one starter,
one main & one dessert



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Welcome!

This April, we witness the start of Ramadan, observing the region's traditional values and rich heritage. The holy month is a time of spiritual self-reflection and ritual practice for Muslims across the globe. Having spent all my life in the UAE, I embrace the spirit of Ramadan in every way possible, be it an Iftar gathering at home for friends who fast or by attending one of the many Iftars and Suhoors across the country.



This issue highlights wholesome ideas that make use of ingredients typically used during the month, such as tahini. Award-winning author Diana Henry shares sweet and savoury recipes on page 36. Break your fast with a nourishing Lamb and chickpea soup (p41) and five soups that are packed with essential nutrients and vitamins (p78). Chana is another pantry staple predominantly eaten in Indian, Pakistani and Bangladeshi households – turn to page 42 for delish street food ideas and halva for dessert. Find a curated round-up of Ramadan listings on page 8 and read through our Ramadan Guide 2022 for the finest offerings in the UAE.

Easter falls on April 17th this year, and you can find two inspired hot cross bun recipes (p26), spring dishes (p48), a simple Italian-style meal (p54) as well as an Easter egg project, to celebrate the occasion. For the latest Easter, Ramadan, and restaurant news, visit bbcgoodfoodme.com.

Happy reading!

Nicola Montecchi
Editor

WHAT WE'RE LOVING!



"This Poached chicken & pancetta pie with spring onion colcannon will be a hearty addition to my Easter spread," says Sales manager, Liz.



Digital editor, Serena says: "I remember picking a piece of vibrant halva from a sweet box, on many occasions, while growing up in India. I've never made it but may just tackle this Chana daal halva infused with saffron, cloves & cardamom for Eid."



"I'm always on the hunt for interesting ways to consume protein. This aromatic Moroccan chicken with fennel & olives is a great way to get my four out of five-a-day too!" says graphic designer, Froilan.



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Explore everything this lavish hotel has to offer.



Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!

gf STAR LETTER



Every month your magazine comes out with recipes that are so tempting, healthy, delicious and yummy, that my family can't wait to see and taste the surprise I have for them. I love to cook especially for my darling family. I have two sons and as the saying goes, a way to a man's heart is through his stomach. My husband and sons love eating and one of the things that draw them back home to me is my cooking. Thanks to your wonderful and simple recipes, I have the three of them all for myself while we are eating together. I feel on top of the world when they praise and appreciate my cooking and thank your magazine for all this. This month, the perfect pancakes are a hit at my place and the Ravioli lasagne was delicious.

Sandra D'Souza



I love the cauliflower cheese recipe. Not only do I like it because I like vegetables in general, but I get to try out a new recipe. I'm always used to vegetables being fried or cooked in stew but roasting cauliflower gives this really good, nutty flavour and a little crunch. Although I changed the recipe a little, as I like my cheese a little more creamy, so I separated cooking the cheese with milk and added a little flour to thicken the cheese sauce.

Angela Gabrielle Cuaresma



Just a quick note to thank you and appreciate the News Nibbles column in your magazine, which not only provides information which would otherwise be difficult to get, but the fact that it promotes the local culinary world businesses is just the right thing to do. I recently downloaded the Locale app. Just a small suggestion of increasing the News Nibbles content to more pages, as this would be quite handy for the residents of the UAE.

Bharat Chachara

WIN!

A CULINARY HAMPER FROM RENARTE, WORTH AED1,130





RENARTE is a global hospitality supplies company with over 40 world-renowned brands under their distribution in the Middle East. The brand boasts an exhaustive and remarkable selection of products, ranging from complete kitchen equipment and crockery, cutlery, tabletop items, tableware, porcelain, glassware and flatware, to catering equipment, bar and stewarding gear and an impressive array of table linen. RENARTE's range of quality hospitality supplies is carefully curated to gratify and complement every need of every hotel-ier. One lucky winner will win a pre-packaged hamper from RENARTE, brim-ning with an exquisite selection of hospitality supplies, including crockery, cutlery and serveware, for an unforgettable restaurant-level dining experience at home.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

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You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



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NEWS nibbles

What's hot and happening in the culinary world, in the UAE and across the Middle East



NUANCED FLAVOURS

Crafted from all-natural ingredients to resemble classic spirits, the award-winning Australian brand Lyre's is now available across the UAE and Saudi Arabia, offering an elevated alternative to non-alcoholic drinks. With an exquisite bottle design that evokes a vintage look and feel, each spirit looks and tastes similar to its counterpart, ensuring all the flavour and artisanal appeal of finely prepared concoctions. Lyre's now offers 16 premium non-alcoholic spirits, with a pre-mixed, ready-to-drink range that includes 0.0% alcohol G&T, and American Malt & cola, with a 'Dark & Spicy' option.

Visit lyres.eu



Make Ramadan mealtime easier than ever with delicious starter and mezze options for your home gatherings. The range features an assortment of houmous, from Moroccan-style to classic and red-pepper, Cypriot halloumi – best enjoyed grilled or fried – as well as nutrient-packed soups such as Pea & mint, Tomato & basil and Spicy lentil soup, that tastes great with Rosemary and rock salt focaccia or a crispy stone-baked Ciabatta.

Visit marksandspencerme.com



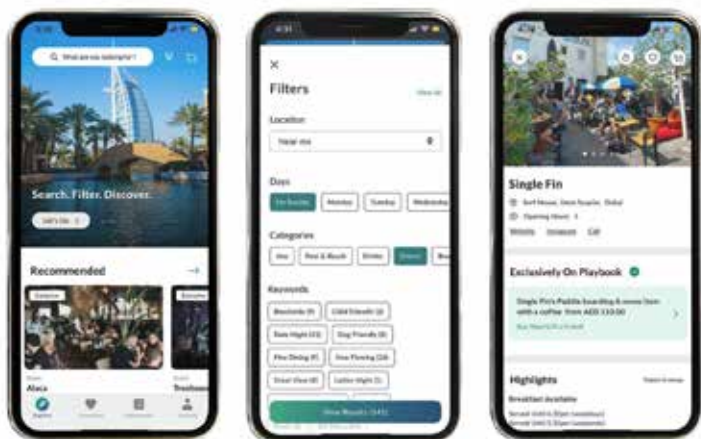
THE BEST BITES



Photographs SUPPLIED

YOUR DIGITAL POCKET GUIDE

Two new apps to download this month



Experience the city with the all-new lifestyle app, **Playbook**, which covers over 1,200 things to do in Dubai. The all-access, free-to-use app comprises hospitality offers as well as experiences curated exclusively for Playbook users. The list includes pool and beach days, set and tasting menus, business lunches, brunches, premium dinners, free-flowing evenings and ladies' nights, all of which can be seamlessly narrowed down as close to every user's needs as possible, making the app a one-click stop.

The interactive **MORE Cravings** app aims to make dining out as stress-free as possible, being a solution to all pre-dining needs including menu availability and table reservations. This fun, innovative and user-friendly app concept from the Marriott Bonvoy group comprises award-winning venues such as Toro Toro, Akira Back, Oak Room, Kitchen6, Indiya by Vineet, Cucina and JW Steakhouse, to name a few. Additionally, it boasts 19 dietary categories including kosher, dairy-free, gluten-free and more, to satisfy all needs. Simply shake the app to generate dining suggestions near your location and scroll through to find recommendations, 2 for 1 offers and partner promotions.



THIS MONTH WE LOVE...

Crate and Barrel's Ramadan capsule collection boasts everything you need to host Iftar and Suhoor gatherings at home with family and friends. Presenting a modern take on tradition, the range features an assortment of homegrown brands including espresso cups and Turkish tea glasses - inspired by traditional Arabic arts - from Silsal, Calligraffiti pieces from Kashida's Metamorphoses collection, that infuse an elegant touch, and typographic designs from Racha Elabbas Studio, starring optical illusions to encourage a new perspective during the holy month.

Visit crateandbarrel.me



Flavours of the month

What's hot and happening
around town this month

👉 LE RIVAGE BRASSERIE, JA OCEAN VIEW HOTEL

Let your tastebuds embark on a culinary adventure, taking you from the Mediterranean Sea to the Asian sub-continent and the Middle East. Offering a daily themed buffet, expect an extensive spread of authentic dishes alongside Iftar favourites. Take your pick from Riviera Seafood nights on Mondays and Fridays, the Mediterranean on Tuesdays, indulge in Indian and Asian cuisine on Wednesdays, Turkish on Thursdays, the Great Roast on Saturdays and traditional Middle Eastern cuisine on Sundays.

6:30-10pm. AED99 per person including soft beverages.
Contact +9714 814 5590.

👉 SEVA TABLE



Dubai's first and leading café aligns with the month of Ramadan, sharing a common denominator in health consciousness by acknowledging the power and significance of fasting. If you're looking for a menu comprising nourishing, good-for-you ingredients, make your way to this plant-based café for the set menu featuring SEVA

tweaks Ful Madame, Apricot on a bed of massaged kale salad with avocado, pumpkin seeds, camu-camu, raisins, lemon juice and radish, Wholehearted aubergine with za'atar, olive oil with a sauce of onion, garlic, roasted pine nuts, coconut milk, saffron, salt and lemon juice and Lava me tender (a vanilla ice cream with dates, almond milk, gluten-free flour, coconut sugar and vanilla bean).

AED179 per person. Contact +97156 534 2899.

👉 YAVA



Featuring traditional all-time favourites as well as new, unique dishes, this eatery at Al Wasl 41, Jumeirah 1, celebrates all things Mediterranean. Break your fast with Qamar al Deen (apricot-based drink) and Sahlab (sweet creamy drink popular through the Levant) followed by a specially curated Iftar menu featuring hummus, lentil soup, cheese and sujuk borek and Yava kebabs.

Tuck into Chicken meatball urzo, Minced beef mussaka with eggplant, and Lamb shanks. End with sweet treats such as Pistachio eclairs and Baklava made the Yava way.

AED160 per person. Contact +9714 548 5733.



Photographs SUPPLIED

Le Rivage Brasserie, JA Ocean View Hotel



👉 GIA

An elaborate Iftar set menu served directly to the table is just what you may be looking for if you're after a family-style sharing experience. Whet your appetite with a traditional variety of soups blended with a wholesome mix of spring vegetables, followed by the starters platter including the chef's special Burrata e Pomodorini; a classic take on a signature burrata sprinkled with basil, pesto and taggiasche olives oozing the tangy and savoury flavours within each dish. Mains include Spaghetti con poplette, Salmon al pistachio e spinaci and the Tagliatelle ragu di pollo. Diners are treated to a decadent date cheesecake with layers of crispy filo, cheesecake cream and date sauce or the Cannoli di ricotta, from the shores of Sicily, with a unique twist showcasing a lemon sorbet simmered in dark chocolate sauce and pistachio cream.

AED189 per person. Contact +9714 2349986.



👉 OSH

La Mer's contemporary Uzbek restaurant presents a special Iftar menu comprising traditional Ramadan dishes made with Uzbek seasonings and distinct cooking methods. Begin your meal with a choice of lentil soup or Mastawa to help gently break the fast, followed by a choice of three cold starters including Hummus, Olivier salad, Baba ghanoush, marinated olives or watermelon salad. For mains, take your pick from a chicken cutlet, a vegetarian OSH or lamb kofta with a side dish of French fries, Achichuk salad or Tandoori bread. A fruit platter or Baklava offers the perfect sweet ending to your meal.

AED149 per person. Contact +97155 963 6756.



👉 SUCRE

The Latin Americas' 50 Best ranked restaurant brings exciting flavours to its iftar menu, specially curated by Master Chef Fernando Trocc, to be enjoyed within the exquisite renaissance-esque interiors during Ramadan. Diners can break fast with dates and pickled treats, from stuffed onions to peppers and Aji verde sauce alongside the popular Smoked cheddar & onion empanada, and lentil and corn soup topped with aji Amarillo sauce. Pick between a Grilled chicory salad with pear, pecorino cheese and praline, spicy Octopus tostada or fresh Tuna and watermelon ceviche. For the larger mains, a choice between Seafood fideua with sofrito, lemon and bottaga, Baby chicken a la brasa with aji Amarillo sauce or the popular Striploin with chimichurri butter – including a side of broken potatoes, chilli corn humita or romaine lettuce – awaits diners. An oozing Dulce de leche fondant and date baklava made with a twist are just what you need to end this sumptuous meal.

AED250 per person. Contact +9714 340 0829.

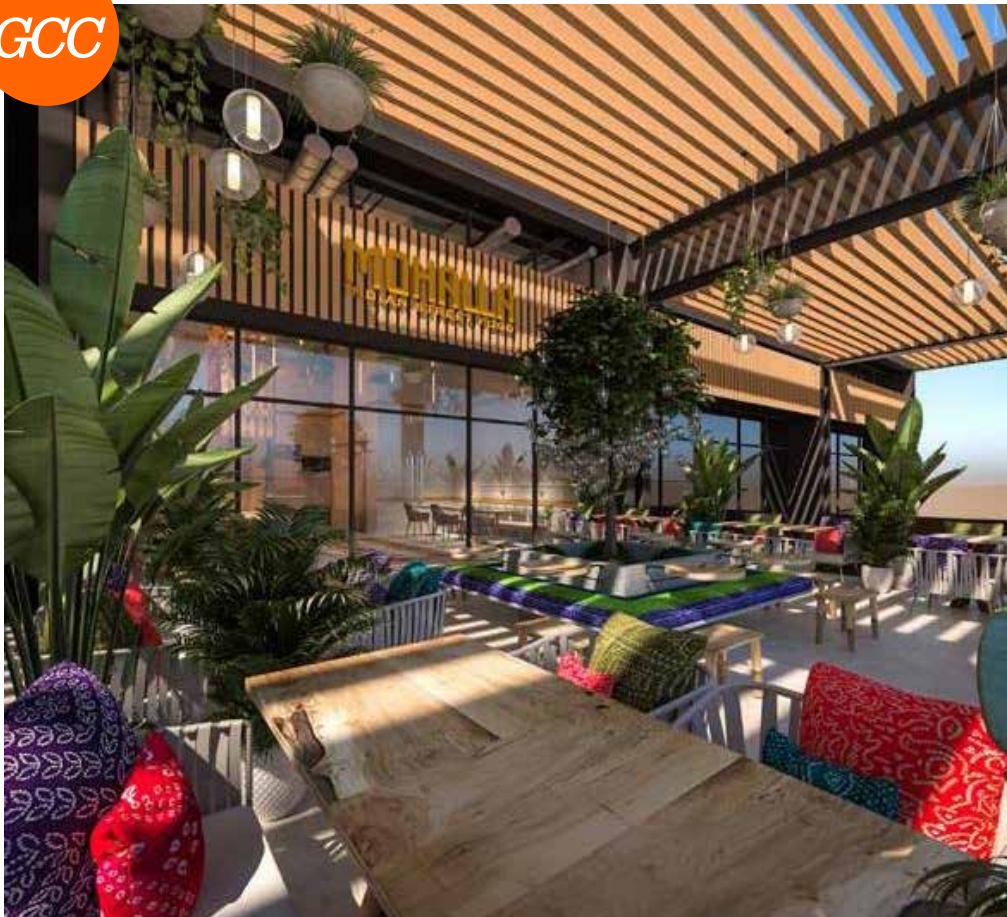


👉 NATION TOWERS MALL

The capital's iconic mall is now home to two new culinary additions, Laung by Peppermill and Beam Restaurant. A classic Indian restaurant with an innovative menu, Laung by Peppermill serves regional classics that were cooked in royal kitchens and served to maharajas and emperors, with a twist. Meanwhile, Beam Restaurant is a home-grown Instagrammable breakfast and dining concept, where diners can take in the views of the beautiful Abu Dhabi corniche waterfront and the city's spectacular skyline while indulging in Shakshuka, Foul and fresh creams with honeycomb, French toast domes, Halloumi garden bruschetta, Greek-style eggs, and sizzling shawarma fries.

nationtowersmall.com.

GCC



👉 MOHALLA

A homegrown Dubai concept is opening its doors at The Esplanade, Riyadh KSA, paying homage to the authentic style of cooking from various states of India. Mohalla, which means 'my neighbourhood' or 'my community' brings forth two levels of seating, indoor and outdoor seating, as well as renowned hand-painted street settings. Diners can look forward to artfully presented Indian dishes, with new additions such as Kebabs curated exclusively for the Riyadh outpost. Menu highlights include signature dishes such as Raj kachori, Avocado papdi chaat, Keema pao, Spicy chilli chicken, Rayalaseema prawn curry, Tender chicken kebab, Raan biryani and the celebrated Jalebi.

Contact +966 55 709 1122



👉 CATCH 22

All-day dining spot, Catch 22, announced the opening of its second branch in the Kingdom of Saudi Arabia (KSA) at Al Nakheel Mall – Riyadh. The full menu on offer includes popular favourites such as the C22 Shrimps, Grandma burger, Southern fried chicken burger, Taco salad, Sushi, Lotus French toast and the renowned crazy shakes. The outlet also features an interactive mirror, allowing guests to click fun pictures and videos.

Contact +966 11 622 2264.



visit bbcgoodfoodme.com



EXPERIENCE RAMADAN WITH AMASEENA, THE RITZ-CARLTON, DUBAI

The al fresco restaurant, boasting stunning views of Ain Dubai, is the perfect setting to mark the holy month and savour special moments



Set on the shores of the Arabian Gulf, with striking views of the ocean and dazzling JBR skyline, Amaseena at The Ritz-Carlton, Dubai invites diners to reconnect with their loved ones over Iftar and Suhour, under the stars. This Ramadan, The Ritz-Carlton, Dubai is offering an exclusive selection of dine at home packages, complete with a magnificent spread of classic dishes and signature flavours. Discover our offerings here:

IFTAR & SUHOOR

Bedouin-inspired tents, a star-filled sky and the soothing sounds of Arabic tunes create an authentic desert dining experience at Amaseena. Indulge in mandi-cooked lamb, traditional favourites, delicacies flavoured with hand-roasted spices and tagine cooked in authentic clay cookware. Diners will be spoilt for choice as they stop by the nine food stations highlighting the best of Middle Eastern cuisine with signature dishes from Morocco to Lebanon, Persia, UAE and beyond.

Date: April 2 to May 2, 2022 (dependent on the sighting of the moon).

Time: Iftar from Sunset to 9pm. Suhour from 10pm to 1am (for adults only).

Price: Iftar buffet at AED 249 per person inclusive of Ramadan juices and water. Children below five years of age dine with compliments, while 6 to 12 year olds dine at 50% off. Suhour à la carte menu dishes from AED 35.

DINE AT HOME PACKAGES

Host an Iftar or Suhour gathering at home and order a lavish spread curated by the chefs at The Ritz-Carlton, Dubai. Diners have a choice of three tiers, including favourites such as lentil soup, stuffed vine leaves, a plethora of dips and salads, falafel, kibbeh, fatayer, seafood and meat mixed grills, barramundi with saffron rice and Emirati lamb harees. Desserts feature celebrated treats such as Umm Ali, cheese kunafa, katayef nuts and cheese and a fruit platter. All boxes serve up to four and orders must be placed 48 hours in advance.

April 2 to May 2, 2022 (dependent on the sighting of the moon). All takeaway boxes serve four to six guests and can be collected at The Lobby Lounge from 8am to 9pm.

Packages:

AED 680 for the Bronze box inclusive of dates and dry fruits, Ramadan juices, hot and cold mezze, chicken vermicelli soup, four main course options and three desserts.

AED 900 for the Silver box inclusive of dates and dry fruits, Ramadan juices, 15 types of hot and cold mezze, choice of one soup, five main courses such as Arabic mixed grill, barramundi, vegetable salona and steamed rice, selection of baklava, and four additional desserts.

AED 1,350 for the Gold box including dates, dry fruit, Ramadan juices, 17 types of hot and cold mezze, two soups, seafood and meat mixed grill featuring lobster, prawns, salmon and lamb chops, Emirati lamb harees and seven dessert specialities.

Tried & tasted

Our top dining experiences this month



INDEGO BY VINEET

The award-winning restaurant by renowned Michelin-starred and celebrity chef Vineet Bhatia has reopened its doors at the Grosvenor House Dubai, with an exquisite transformation that's elegant and welcoming.

Step into the opulent setting complete with chequerboard flooring, and pink paisley and emerald patterned chairs to complement rich, dark wooden countertops. Your eyes land on the cocktail bar as you enter the space, comprising stunning elements such as the signature feather chandelier, made up of over a hundred feathers. Hand-painted peacock motifs are prevalent throughout, adorning pillows and plate settings, making it a vibrant sight for those sitting indoors. On the picturesque terrace, diners are greeted with views overlooking the shimmering waters of Dubai Marina.

The highlights:

Chef Vineet Bhatia has curated a personal menu this time around, presenting nostalgic dishes with Indian roots, as well as a sensory journey that stems inspiration from the culinary influences he amassed over the years.

The Mumbai Rhapsody concoction featuring a saffron-infused spirit and pan pasand (a popular Indian snack) caught my eye as it was being served at a table nearby. Sweet with full-bodied notes, the green blend with egg white, lemon and tonic, is served with a side of Gulkand (sweet rose petal preserve). Take a sip and nibble on the sweet preserve for a refreshing drink that livens your palate.

The menu is split into categories rather than courses, and there's no better dish to start with than the hot Truffle mushroom puchka with mushroom



momos, from the Chaat section. Each luscious bite-sized parcel is topped with tomato dust and truffle shavings. Proceed with the Chaat Trilogy of potatoes with fried hay and dahi balla ice cream, prepared at the table, allowing you to witness the dish folding together stunningly well. We loved the sensation of hot ingredients and cold savoury lentil ice cream, with sweet and tangy tamarind peeking through. The Indo-Chinese tofu bombs are a substantially filling bite too, accompanied by a moreish roasted pepper-peanut chutney that is worth scooping up with one of the extensive selection of naans – Masala or Blue cheese naan, anyone?

Hitting pause on our first round of artfully prepared plates, we tried another interesting beverage, the Star of India (a smoked coconut-ghee concoction). Venture into a crustacean-filled Clay Oven serving of plump, juicy sundried tomato prawns accompanied by squid ink puchka, and expect heightened flavours with creamy crab in a frangible fried ball. The Sigdi butter chicken from the Grills is one to try, not only because it's a stunning visual contrast, but the charcoal samosa with



butter chicken and bocconcini-chilli is gloriously lip-smacking.

Chef Bhatia's Stew Pot offerings showcase an inventive take on Indian classics with highlights such as a meaty Alleppey hammour in tangy coconut, tamarind and kokum sauce; creamy Butter chicken served with perfectly cooked grainy Saffron rice, and the showstopper, Lamb morel-guchi with korma and truffle ghee. We devoured this tender lamb and scooped the gravy with freshly made Black olive-rosemary and Garlic coriander naans.

After an indulgent meal of savoury flavours, sweeten your palate with Chocolate samosas and mocha rabdi or the sensational Kulfilicious presenting Kulfi ice cream in flavours such as malai, rose, mango, lychee-ginger and Falooda – a divine treat that transports you to the streets of India.

The verdict:

A lively venue serving an elevated sharing-style meal of beautifully presented dishes.

Contact +9714 317 6000 or visit indegobyvineet.com.



CELSIUS RESTAURANT, VOCO DUBAI

Positioned within voco Dubai, alongside Sheikh Zayed Road, Celsius Restaurant has curated a treasured Iftar dining experience for the Holy Month of Ramadan.

We arrived shortly after sunset, and a short elevator ride up took us to the spacious restaurant. Expect a warm and inviting ambience, with interiors in tones of beige, grey-blue and tan. Eye-catching lamps and lanterns surround, covered in mirror work and lovely lights, setting the tone for a friendly Iftar.

The highlights:

Each table is set with dried fruit, within reach when the time comes to break one's fast; followed by pours of water to quench one's thirst. Thereafter, diners are encouraged to make their way around the vast Iftar buffet to pick and choose their favourites.

Expect counters brimming with cashew nuts, prunes, raisins, almonds and dates, sited opposite a stand serving ice-cold Jallab, Laban and Qamar al din, which I opted to try. Post this, we reached for servings of Baba ghanoush, Tabbouleh, Quinoa salad, Greek salad and Chicken Hawaiian salad brimming with crisp vegetables, before spotting a DIY salad station just down the line that is perfect for those who like to create their own nutritious dish. Dips such as Moutabal, Labneh with mint, Muhammara and Hummus were up



next; followed by cold and hot appetizers, including Vine leaves, Kibbeh, Falafel and Shawarma wraps, Cheese rolls, Arabic lentil soup and Moroccan lamb harira soup.

After piling our plates high, we went back to our tables to enjoy our meal. A short breather ensued, where we sat back a bit, catching up with friends around our table.

Heartier options that diners can tuck into, include Vermicelli rice, Macaroni bechamel, Seafood biryani and the much-awaited Lamb ouzi, teeming with spiced rice and fall-off-the-bone meat. Speaking of meat, look for the one-bite Lamb kofta and Chicken tawook, or the juicy Lamb kebabs. Alternatively, the flavourful Chicken with potatoes and the earthy Lamb okra stew aim to please; while the contemporary-style Beef steak with mushroom sauce, and a side of Roasted potatoes will satisfy meat lovers. Steamed veggies, Paneer tikka and Fish harra complete the myriad of Iftar offerings.

Full to the brim, but not enough to skip dessert, we made our way over to

the sweets counter to select our favourites. Take your pick from fresh fruit with cream, Raspberry cheesecake slices, a creamy rice pudding, Arabic coffee mohalabia and the iconic Umm Ali. Not done yet, picture platters piled high with Halawet el jibn, Basbousa, Pistachio Turkish delight, Katayef nuts, Turkish baklava, the crowd-favourite Cheese kunafa, Balah el sham, Maamoul dates and more. Suffice to say, you will leave a very happy diner.

The verdict:

Apt for an Iftar with family, friends and colleagues, Celsius at voco Dubai offers a feast in a bright, comfortable setting.

Book now:

Daily Iftar during Ramadan from sunset onwards. AED149 per person, with 10 per cent discount on groups of 10 and more, and kids under 12 dine complimentary. Call +9714 308 0430 or visit dubai.vocohotels.com/hotels/gb/en.



BOMBAY BUNGALOW

A homegrown brand that has set out to fulfil one's craving for mouth-watering modern Indian cuisine, Bombay Bungalow has curated a remarkable Iftar menu for the Holy Month of Ramadan.

The artistic venue, located at the urban seaside lifestyle destination, The Beach Mall, JBR, captivates with its sensational décor visible through large floor to ceiling glass windows as one walks along the beach. Alternatively, should you enter from the Jumeirah Beach Residence side, prepare to be awestruck with vibrant colours all around. As soon as you step through the door, prepare to be greeted by the aromas of classic India dishes. Perfect for when the sun sets and you're looking to break your fast.

As we waited to be seated, a glance around revealed striking paintings, two colossal replicas of trees at the centre of the restaurant, creative furniture in turquoise and white, grand arches and chandeliers, empty bird cages, carpets, lanterns display balconies and antique counters. An instagrammable

restaurant indeed! The outdoor terrace offers uninterrupted views of the Ain Dubai, and we'd absolutely recommend al fresco dining if you get the opportunity to do so.

The highlights:

We took our seats inside, being a particularly warm day, and were immediately presented with the Iftar set menu. Break your fast with dates and dried fruits, followed by special Ramadan beverages, including Tamarind, Apricot or your pick from sweetened or salted Lassi; and traditional Arabic coffee.

The family-style sharing experience finds inspiration in traditional homemade Indian classics, infused with Middle Eastern cuisine.

Promptly, a selection of traditional and contemporary cold and hot mezze arrived, accompanied by an aromatic and soul-satisfying Lentil soup. We tucked into a scrumptious Fattoush, adorned with ruby red pomegranate jewels and a drizzling of sweet tamarind chutney, followed by a sampling from the Trio of dips –

hummus with black and white sesame, hummus with fresh mango and hummus with beetroot – all interesting flavour blends that had us impressed. We were informed that the restaurant will swap out dishes from the Iftar menu, to keep it exciting for diners. You can thus, expect to find a different dip, such as moutabal, and different mains.

Hot dishes followed, in the form or downright delectable Veg samosas with mint chutney. These two-bite delights were hands down one of our favourite dishes of the evening. Khatta beef (black lemon and cardamom meat) was served on a large flatbread, over a thick paste of ground chickpeas; while the wood-fired succulent Murgh methi tikka (pieces of chicken flavoured with fenugreek) and Hara Bhara kebabs (fried patty made with green-coloured vegetables) arrived on a thick, hearty chapati (unleavened flatbread).

The main event followed with a big bowl of Biryani of the day, which happened to be chicken. I enjoyed the fragrant, well-spiced rice with juicy pieces of chicken; while my dining partner helped himself to servings of the Curry of the day, in this case, it was a deep red Beef Vindaloo and a creamy Lamb korma with naan and roti to accompany. To say we were absolutely stuffed by now, is an understatement.

Since every good meal ends with a good dessert, we shared a serving of the Moong dal kunafeh that satisfied our every sweet craving.

The verdict:

A striking restaurant, Bombay Bungalow offers a spacious yet cosy setting that feels like home, to gather together with loved ones and create memorable moments over a glorious meal.

Book now:

Daily Iftar during Ramadan from sunset onwards. AED110 per person. Call +9714 427 0758 or visit bombaybungalowdxb.com.



THE BEST OF TURKISH HOSPITALITY

Chef Ilker Ciftci, Country Director of F&B & Culinary Concepts, takes us through his journey and the curated Ramadan offerings at Rixos Hotels UAE



How did you get started in the culinary field?

I was always fascinated with the workings of the kitchen as a child and even remember thinking the kitchen was like a factory after seeing a gigantic oven. I kicked off my culinary journey in 1995, when I became a school chef, and pursued that for seven years. That was my first exposure to working in a professional kitchen, and I was

frankly overwhelmed by the machinery's scale. Shortly after, I found my passion in the hospitality industry and moved up the ladder as an Executive Chef for renowned luxury brands across the globe. 25 years later, I have achieved the role of Country Director of F&B and Culinary Concepts at Rixos Hotels UAE. Yet, this is all just the beginning of a new chapter in this field.

Where does your inspiration stem from?

It's always been our mission to bring authentic Turkish cuisine and hospitality to new destinations outside of Turkey, where Rixos Hotels originated from. So far, we've been successful because the entire team is fueled with passion and dedication. I use this as inspiration to initiate and implement innovative Rixos' F&B offerings and in-room dining concepts, to position our properties ahead of its competition. This creates a benchmark for new properties in the region. Rixos Hotels is known for its open-buffet concepts boasting signature Turkish and international cuisine, and we've gained a loyal following by exemplifying the highest quality and presentation standards throughout every food service. Each element of our all-day concepts, from décor to menu and dishes, has been designed to exude Turkey's traditional richness and cultural bravado. This ambience and narrative fuels my inspiration to create concepts and techniques that are built on tradition and flavours from Turkey and the Eastern Mediterranean.

How do you embrace the spirit of Ramadan?

Rixos Hotels UAE have often been celebrated as one of the best places to experience Ramadan in the UAE, and this year, we aim

to maintain that reputation. With restrictions slowly easing across the Emirates, we're aiming to utilize our expansive outdoor spaces to offer great experiences with authentic offerings, to bring families and friends closer together during the Holy Month. As the sun sets, guests will enjoy a royal Iftar experience and feast on a sumptuous selection of Middle Eastern cuisine with an urban oasis created especially for the occasion.

What can guests look forward to this month at Rixos Hotels?

We'll be offering guests the most exquisite Iftar experience through our delectable cuisine selection and inspiring destinations across the region. The Iftar buffet at Rixos Premium Dubai and Rixos The Palm Dubai Hotel & Suites will boast traditional dishes, including a wide selection of hot and cold mezze, soups, salads and main courses of carefully curated succulent grilled meats of Turkish and international flavours. Guests can also enjoy a wide selection of traditional Turkish dishes in sharing-style plates at A La Turca Restaurant in Rixos The Palm Dubai Hotel & Suites. Iftar will also be available at Turquoise and Mermaid at Rixos Premium Saadiyat Island, with both venues offering Arabian-flavoured sharing menus. Seven Heights and Lalezar at Rixos Bab Al Bahr will open its doors for Iftar and Suhoor, with enticing offers for in-house and external guests.

Any special dishes that diners shouldn't miss?

Our dishes are authentic to the Turkish culture with traditional ingredients so that they taste light and fresh. All of the dishes have been conceptualized by myself, along with the collaboration of the Executive Chefs across different properties. Diners can look forward to a buffet Iftar of classics such as lamb ouzi, lamb mansaf, biryani, and the famous bulgur rice with beef and Turkish kaymak. Finish with a mix of traditional sweets such as Helva-i Hakani.

For Suhoor at Rixos Bab al Bahr, enjoy the relaxing surroundings of the Ramadan Lounge with traditional dishes, mezze and regional classics including hummus, moutabal, labneh, and lamb sucuk. Diners can enjoy mains such as beef shawarma wrap with shish tawook and fowl medames with condiments. Rixos The Palm Dubai Hotel & Suites features flavours created exclusively for the lounge, that will help guests unwind and refresh after a long day of fasting.

COOKING PROJECT

Storecupboard star

Spend time at the weekend making this tangy apple jam then enjoy on toast for breakfast, or in snacks and desserts



CHANGE IT UP!

- Try a good pinch of ground cloves or ginger instead of the cinnamon for a lovely warming finish
- Stir a generous dollop through Greek yogurt or use as a porridge topper for breakfast
- Use to fill a sandwich cake as an alternative to strawberry jam

Apple jam

MAKES 2 x 500g jars **PREP** 15 mins
COOK 40 mins **EASY** V

1kg Bramley apples, peeled, cored and chopped
250g caster sugar
½ lemon, juiced
1 cinnamon stick

1 Put a small plate in the freezer. Tip the chopped apple and caster sugar into a large saucepan along with 350ml water and bring to a

simmer, stirring to dissolve the sugar.

2 Cook gently, stirring regularly, for 30 mins until the apples have collapsed.

3 Stir in the lemon juice, add the cinnamon stick and simmer gently for another 2-3 mins until the mixture is thick and glossy.

4 Remove the small plate from the freezer and drop a little of the mix onto it. Leave for a few seconds – it should be fairly firm. If it's still a little runny, put the pan back on the

heat and simmer for another 10-15 mins. Put the plate back in the freezer and test again, it should now be ready.

5 Divide between clean, sterilised jars and seal firmly. *Will keep for up to three months in a cool, dry place.* Once opened, keep chilled and use within one month.

GOOD TO KNOW vegan • gluten free

PER TBSP 35 kcal • fat 0.1g • saturates none • carbs 8.4g
• sugars 8.4g • fibre 0.4g • protein 0.1g • salt none

NOODLES + PEANUT BUTTER YES, IT WORKS!

If you thought peanut butter was only for spreading on toast, think again. A spoonful or two of peanut butter (crunchy or smooth) stirred through noodle dishes makes stir-fried recipes feel more substantial and enriches and thickens broth-based dishes (think satay sauce for inspiration). If you're after a quick fix it's also an easy way to make more of a meal from a packet of instant ramen. noodles too.



noodles



peanut butter

KITCHEN HACK

Prevent slipping

Dampen a J-cloth, thin tea towel or piece of kitchen paper and put it under a bowl or chopping board. This will prevent it from wobbling or moving about when you're beating, whisking or chopping.



STEPS TO SUCCESS SCOTCH EGGS

● The perfect yolk

For a set white and a slightly runny yolk, you want to simmer your eggs for exactly 7 mins 30 seconds. Take them straight out and place in a bowl of iced water. Once they've cooled completely, peel them carefully. If you prefer a hardboiled egg, cook for 9 minutes.

● Prep ahead

It's always helpful to make as much in advance as you can. You can boil the eggs the day before, make the sausagemeat coating and even prepare the scotch eggs with breadcrumbs up to the point of deep-frying the day before.

● Even rolling

To get a consistent thickness on the sausagemeat, press it out between

two pieces of kitchen paper (or beeswax roll) and use this to help wrap it around the cooked egg.

● Flour power

Coating your cooked eggs in a little flour will help the sausagemeat bind to the egg. This prevents slippage during the preparation and cooking.

● Oil temperature

Get the frying oil to the correct temperature (we recommend around 160C). If you don't have a cooking thermometer, drop crumbs into the hot oil – they should sizzle and after 30 seconds should still be cooking and golden but not burnt. Use a neutral oil like sunflower, vegetable or groundnut oil as they all have a high smoking point which makes them ideal for deep-frying.





FROM BEVERLY HILLS TO DUBAI

Celebrity hotspot il Pastaio Dubai, Al Habtoor City presents refined Italian cuisine at the heart of the city

READY TO DINE?

Open daily, from 12pm to 12am.

Contact: +97154 791 3320 or email Reservations@ilPastaioDubai.ae

Visit www.ilPastaioDubai.ae

One of Los Angeles' most acclaimed Italian restaurants, il Pastaio has opened its second outpost in Dubai. il Pastaio Dubai is the only international opening from the brand, sited at Al Habtoor City Boulevard, Sheikh Zayed Road, showcasing exquisite dishes in a lavish setting.

Founded by the Drago brothers Giacomino, Celestino and Calogero from Sicily, Italy, the restaurant first opened its doors 26 years ago in Beverly Hills, CA, and is considered to be one of the best kitchens in the city. The Sicilian restaurateurs have teamed up with Al Habtoor Group's Vice-Chairman & CEO Mohammed Khalaf Al Habtoor to bring the international standards of il Pastaio to the dazzling city of Dubai.

Truthful to its legacy, il Pastaio Dubai features a menu brimming with fresh, authentic Italian specialties in a beautiful venue that pays homage to its Sicilian origins. Diners can feast on well-known, signature pastas such as Spaghetti Al Caviale, Paccheri alla Justin Bieber, the traditional house favourite spicy tomato sauce – Arrabiatta, an extensive range of meats and poultry, fresh fish, excellent innovative salads, gluten-free pastas, signature grape list and divine 'sin free' desserts.

easy

Delicious, simple,
and easy-to-
make recipes



midweek meals

■ dinner in 20 minutes, page 20



frozen assets

■ veggie pasta bake, page 30



two ways

■ hot cross buns, page 26



veg box stars

■ citrus, page 32

midweek meals

dinner in 20 minutes

Try these simple, satisfying recipes
that you can have on the table in no time

recipes SAMUEL GOLDSMITH *photographs* TOM REGESTER



**Orecchiette
with butter
beans, parsley,
chilli & lemon**

Fragrant chicken & lemongrass noodles



your shopping list

FRUIT & VEGETABLES

3 red chillies
2 garlic cloves
2 lemons
thumb-sized piece of ginger
2 limes
2 medium carrots
200g swiss chard
8 spring onions
4 Little Gem lettuces
1 leek
1 red pepper
80g kale

200g fresh or frozen peas
300g baby leaf spring greens
1 small red onion

STORECUPBOARD

400g orecchiette
250g ready-cooked quinoa
2 x 250g pouches microwave wholegrain rice
3 1/2 tbsp olive oil

1 tbsp rapeseed oil
400g can butter beans
400g can cherry tomatoes
3 tsp garlic paste
4 tsp lemongrass paste
2 tsp fish sauce
2 nests of vermicelli noodles
1 tbsp soy sauce
1 tbsp red wine vinegar
1 vegetable stock cube
2 tsp Dijon mustard
35g walnuts (optional)

MEAT & FISH

500g chicken mince
4 x 130g salmon fillets
250g chicken breast
100g chorizo

HERBS

large bunch of parsley
1/2 small bunch of coriander
1/2 small bunch of dill

DAIRY

25g parmesan or vegetarian alternative
100g blue cheese
1 tbsp half-fat crème fraîche

HEALTHY

Orecchiette with butter beans, parsley, chilli & lemon

Make this simple pasta dish using whatever you've got to hand, including different pasta shapes, beans or chopped tomatoes. Leave out the chilli if you like.

SERVES 4 **PREP 5 mins**
COOK 10 mins **EASY** **V**

400g orecchiette
1 tbsp olive oil
2 red chillies, deseeded and finely chopped
2 garlic cloves, crushed

400g can butter beans, drained and rinsed
400g can cherry tomatoes
1 lemon, zested and juiced
½ large bunch of parsley, finely chopped
25g grated parmesan or vegetarian alternative (optional)

1 Cook the orecchiette following pack instructions until al dente, about 10 mins. Drain, reserving the cooking water.
2 Meanwhile, heat the olive oil in a large frying pan over a medium heat and fry the chillies and garlic for 2 mins until just softened. Mix in the butter beans, tomatoes,

lemon zest and juice. Cook for 5 mins more, then scatter in the parsley and cook for another 2 mins. The tomatoes should have reduced slightly and the beans should be warmed through.

3 Tip the orecchiette into the frying pan with the butter bean mixture. Pour in a little of the reserved pasta cooking water if you prefer a looser sauce. Spoon into bowls and sprinkle with the cheese before serving, if you like.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 422 kcs • fat 5g • saturates 1g • carbs 73g • sugars 6g • fibre 8g • protein 16g • salt 0.02g

HEALTHY

Fragrant chicken & lemongrass noodles

Invigorate your midweek with zesty lemongrass, ginger and lime. If you prefer medium or thick noodles, use them instead of vermicelli.

SERVES 4 **PREP 10 mins**
COOK 10 mins **EASY**

2 nests of vermicelli noodles
3 garlic cloves, crushed
thumb-sized piece of ginger, peeled and grated
4 tsp lemongrass paste

1 lime, zested and juiced, plus extra wedges to serve (optional)
1 red chilli, deseeded and finely sliced
2 tsp olive oil
2 medium carrots, coarsely grated
8 spring onions, finely sliced
500g chicken mince
200g swiss chard, finely sliced
2 tsp fish sauce
½ small bunch of coriander, roughly chopped

1 Prepare the vermicelli noodles following pack instructions, then set aside. Meanwhile, mix the garlic, ginger, lemongrass, lime zest and chilli together. Heat the olive oil in a large frying pan over a

medium-high heat and fry the mixture for 2 mins until beginning to soften. Scatter in the carrots and spring onions and fry for 2 mins more, stirring frequently. Tip in the mince and cook for another 3 mins, then mix in the swiss chard and cook for 2 mins more until the chicken is cooked through.

2 Drizzle in the fish sauce and lime juice, then scatter in the coriander. Cook everything for 1 min, stirring to combine. Tip in the noodles, toss well and serve immediately.

GOOD TO KNOW healthy • low cal • vit c • 1 of 5-a-day
• gluten free



Find more ideas using rice noodles at bbcgoodfoodme.com



BALANCED

Spring green salad with parsley & blue cheese

Serve this for supper, a side dish or buffet table addition. When spring greens are out of season, kale or chard will also work well. Chopped walnuts provide delicious flavour and texture, if you have some.

SERVES 4 **PREP 20 mins**
NO COOK EASY V

300g baby leaf spring greens,
any tough stalks removed,
leaves finely sliced
½ large bunch of parsley, chopped
250g ready-cooked quinoa
1 small red onion, finely sliced
100g blue cheese, crumbled
(ensure vegetarian if needed)
1 lemon, zested and juiced

1 tsp Dijon mustard
1 tbsp rapeseed oil
35g walnuts, roughly
chopped (optional)

1 Put the kettle on to boil. Tip the spring greens into a large heatproof bowl and cover with boiling water from the kettle, then leave to stand for 2 mins to soften slightly. Drain well, then tip onto a plate lined with kitchen paper. Spread the greens out in a single layer so the paper can absorb as much of the excess water as possible. Leave to cool for 2 mins.
2 Meanwhile, toss the parsley, quinoa and red onions together.

Mix in the spring greens, then scatter over the cheese and toss gently with your hands to combine.

3 Whisk the lemon zest and juice, the mustard and rapeseed oil together in a jug to make a dressing. Pour this over the spring green salad and toss gently to combine. Tip the salad onto a large serving platter or spoon into individual bowls and scatter over the walnuts, if using. Serve immediately.

GOOD TO KNOW balanced • low cal • calcium • folate
• fibre • vit c • 1 of 5-a-day • gluten free
PER SERVING 286 kcals • fat 14g • saturates 6g •
carbs 24g • sugars 4g • fibre 7g • protein 12g • salt 0.7g



BALANCED

Chicken, leek & brown rice stir-fry

Combine the classic flavours of chicken and chorizo with kale and rice for a substantial dinner.

SERVES 4 **PREP 8 mins**
COOK 11 mins **EASY**

1 tbsp olive oil
250g chicken breast, thinly sliced
100g chorizo, chopped
1 leek, halved lengthways and finely sliced
1 red pepper, deseeded and chopped

80g kale, any tough stalks removed, leaves roughly chopped
1 tbsp soy sauce
1 tbsp red wine vinegar
2 x 250g pouches microwave wholegrain rice

1 Heat the oil in a frying pan over a high heat and fry the chicken for 3 mins. Stir in the chorizo and cook for 2 mins more until the chicken is light golden and the chorizo has released its fat. Scoop the chicken and chorizo into a bowl using a slotted spoon, leaving as much oil in the pan as you can. Set aside.

2 Tip the leek and red pepper into the pan and cook for 2 mins, stirring

frequently until slightly softened. Add the kale and fry for 1 min more until the leaves have just started to wilt at the edges.

3 Drizzle in the soy sauce and vinegar and scatter in the rice, breaking up any large chunks with a wooden spoon. Stir the chicken and chorizo back into the pan and toss everything together to combine. Cook for 3 mins until the rice is heated through, then serve.

GOOD TO KNOW balanced • low cal • fibre • vit c
• 1 of 5-a-day

PER SERVING 398 kcal • fat 16g • saturates 4g •
carbs 33g • sugars 4g • fibre 7g • protein 26g •
salt 1.5g



HEALTHY

Pan-fried salmon with braised Little Gem

If you're serving both vegetarians and meat-eaters at once, cook fewer salmon fillets and make tofu steaks in a separate pan. Then simply serve the braised lettuce and peas with both mains.

SERVES 4 PREP 2 mins
COOK 12 mins EASY

2 tsp olive oil
4 Little Gem lettuces,
halved lengthways
200ml vegetable stock
4 x 130g salmon fillets
200g fresh or frozen peas
(defrosted if frozen)
½ small bunch of dill, chopped
1 tbsp half-fat crème fraîche
1 tsp Dijon mustard

1 Heat 1 tsp oil in a large lidded frying pan over a medium heat. Arrange the lettuce halves in the pan, cut-side down, and fry for

2 mins until beginning to brown. Pour in the stock, cover with the lid and cook for 6 mins.

2 Meanwhile, season the salmon with a good pinch each of salt and pepper on both sides of the fillets. Heat the remaining oil in a second pan over a medium heat and fry the salmon, skin-side down, for 3 mins. Carefully flip using a fish slice and cook for 3 mins more until cooked through and the flesh easily flakes.

3 Tip the peas and dill into the pan with the lettuce and cook for 2 mins, covered, until the lettuce is tender but still retains its structure. Arrange the salmon fillets and lettuce halves on serving plates.

4 Stir the crème fraîche and mustard into the lettuce pan and cook over a low heat to warm through. Pour the sauce and peas over the lettuce and salmon.

GOOD TO KNOW healthy • folate • omega-3

• 2 of 5-a-day

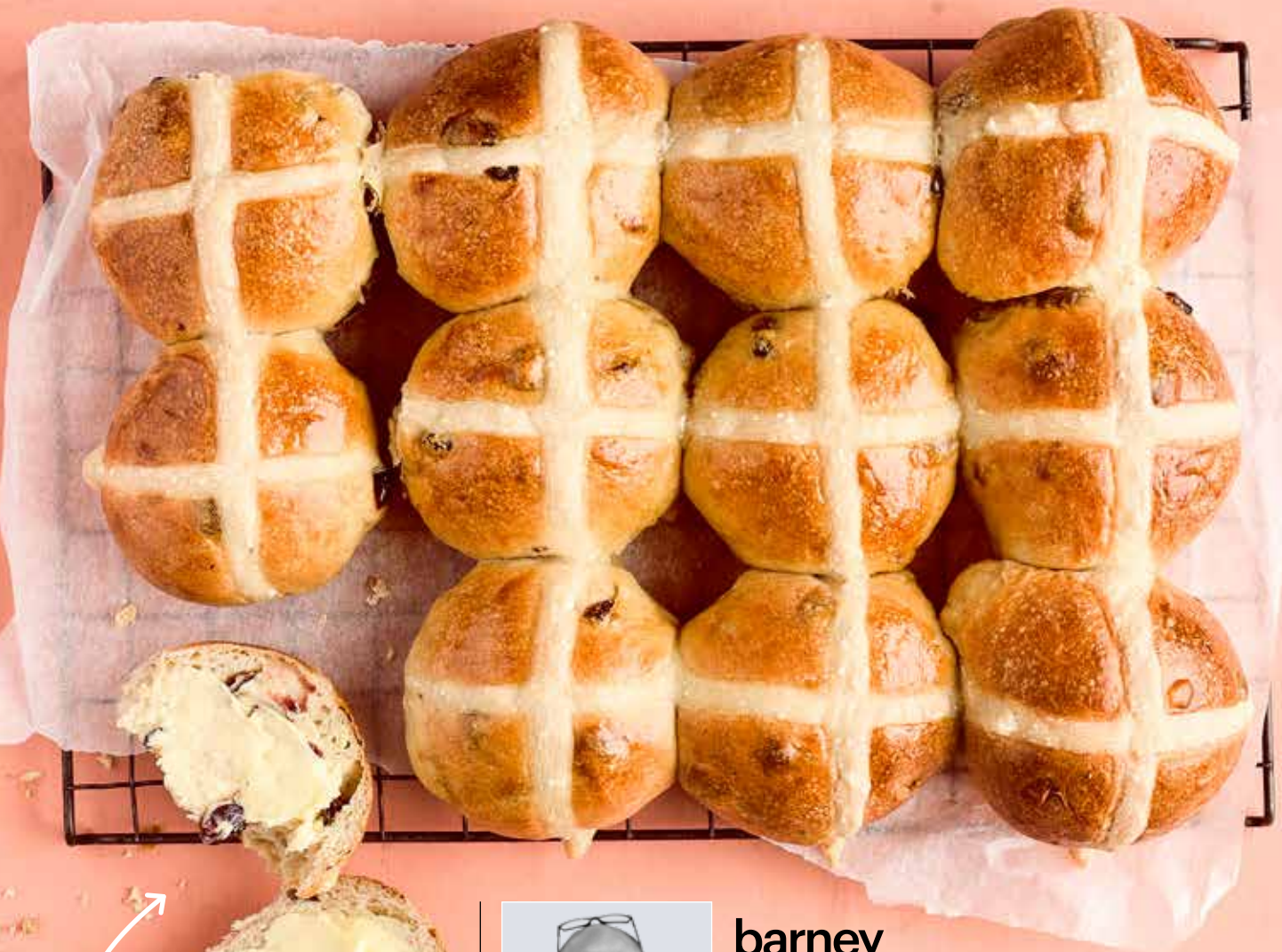
PER SERVING 410 kcal • fat 23g • saturates 5g •
carbs 9g • sugars 6g • fibre 6g • protein 38g • salt 1g

two ways

hot cross buns

Two members of the Good Food team share their favourite version of an Easter classic

recipes BARNEY DESMAZERY *and* LIBERTY MENDEZ *photographs* SAM STOWELL



The addition of a sourdough starter gives this traditionally sweet dough more depth and character

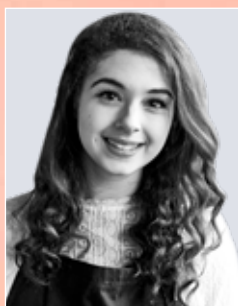


barney

If you enjoy baking sourdough bread, you have to give these a try. The complex flavour a sourdough starter brings comes into its own when incorporated into sweet bakes, giving them depth and character. Just like baking the bread, they require more effort, but the result is some of the best buns you'll ever taste. The secret to sourdough is the more active your starter, the better your bread, and that's even more important when making an enriched

dough – the ingredients that make it rich also weigh it down, so get your starter bubbling before you use it. Once you've mastered these, the world of sourdough buns is open to you. Chelsea buns, teacakes and more can all be made in the same way.

Barney Desmazery,
shows & skills editor



liberty

For me, the highlight of Easter is being able to consume as much chocolate as possible without feeling guilty. So, I thought, why stop at hot cross buns? These buns are made with a gorgeous chocolatey enriched dough, packed with both milk and white chocolate. These are a chocolate lover's dream, and perfect for anyone that isn't a fan of dried fruit.

Liberty Mendez,
recipe developer



Sourdough hot cross buns

MAKES 12 **PREP** 40 mins plus
about 6 hrs proving and cooling
COOK 25 mins **MORE EFFORT** **V**

300g active sourdough starter (see bbcgoodfoodme.com for more on how to make a sourdough starter)
2 large eggs, beaten
200ml milk
500g strong white bread flour, plus extra for dusting
60g golden caster sugar
1 tsp ground cinnamon
1 tsp mixed spice
1 orange, zested
150g raisins, or a mixture of small dried fruits (such as raisins, mixed peel and cranberries)
100g unsalted butter, softened

1 Before you start, ensure the sourdough starter is very bubbly (if it's not, feed it and wait until 1 tsp of the starter floats in warm water). Tip 200g of the starter into a large

bowl with all but 2 tbsp of the egg, the milk, flour, sugar, cinnamon, mixed spice, orange zest and raisins. Mix with your hands until you have a shaggy dough (all the flour should be mixed in). Or, do this in a stand mixer fitted with a dough hook. Cover with a clean, damp tea towel and leave to prove for 30 mins. Cover the rest of the sourdough starter and keep chilled.

2 Work the butter and 1 tsp salt into the dough by squashing it in using your hands. Once fully combined, tip the dough onto a surface and knead gently for 5 mins until smooth and springy (again, this can be done in a stand mixer fitted with a dough hook). Form the dough into a ball, then return it to the bowl. Cover and leave somewhere slightly warm for 3-4 hrs to prove until the dough has almost doubled in size.

3 Tip the dough onto a floured work surface and knead briefly, then divide into 12 pieces, about 100g each. Roll the pieces into balls and

arrange on a baking tray lined with baking parchment, leaving some room between each. Cover with a clean, damp tea towel, then leave to prove again for 2-3 hrs at room temperature until doubled in size, or chill overnight (this will result in better flavour and a neater shape). **4** If the buns have been chilled, remove from the fridge 1 hr before baking. Heat the oven to 200C/180C fan/gas 6. Brush the buns with the reserved egg. Tip the remaining starter into a piping bag fitted with a small nozzle, and pipe crosses onto the buns. Bake for 20-25 mins until light brown. Leave to cool slightly and serve warm, or cool completely. *Best eaten on the day, but will keep for two days in an airtight container.*

PER BUN 343 kcals • fat 9g • saturates 5g • carbs 55g • sugars 14g • fibre 2g • protein 9g • salt 0.09g

Triple-chocolate hot cross buns

MAKES 9 **PREP** 40 mins plus
overnight chilling and 2 hrs proving
COOK 20 mins **MORE EFFORT** **V**

3 large eggs
100ml milk, warmed
400g strong white bread flour, plus extra for dusting
50g cocoa powder
50g white chocolate chunks
50g milk chocolate chunks
7g sachet fast-action dried yeast
50g golden caster sugar
100g unsalted butter, cut into cubes and softened
For the topping
40g plain flour
1 tbsp caster sugar
2 tbsp apricot jam

1 Prepare the dough the day before baking. Whisk the eggs and milk together in a jug. Put the flour, cocoa powder, white and milk chocolate chunks, yeast, sugar and a pinch of salt in the bowl of a stand mixer fitted with a dough hook.

2 With the motor running on a medium speed, slowly pour the wet ingredients into the dry and mix until everything is incorporated and comes together into a soft dough, about 2-3 mins. Gradually add the butter, and slowly increase the speed, kneading for 8-10 mins until the dough comes away from the side of the bowl and clings to the hook. Scrape the dough off the hook (it will be very sticky at this point), cover and chill overnight.

3 Tip the dough onto a lightly floured work surface. Divide into nine equal pieces, about 100g each.

Knead each piece slightly and pull the dough in on itself to create a ball. Arrange the dough balls on a baking tray lined with baking parchment, leaving some room between each. Cover and leave to prove in a warm place for 2 hrs, or until almost doubled in size. **4** Heat the oven to 200C/180C fan/gas 6. For the topping, combine the flour, sugar and 3 tbsp water, adding the water 1 tbsp at a time until you have a thick paste. Spoon into a piping bag fitted with a small nozzle and pipe crosses onto the buns. Bake for 20 mins until risen. Meanwhile, heat the apricot jam in a small pan over a low heat to loosen, then brush over the warm buns. Leave to cool before serving.

PER BUN 425 kcals • fat 17g • saturates 10g • carbs 54g • sugars 17g • fibre 3g • protein 12g • salt 0.1g

DELIGHTFUL RAMADAN EXPERIENCES AT INTERCONTINENTAL HOTELS DUBAI FESTIVAL CITY

A series of indulgent Iftar and Suhoors await guests at four distinct venues

This Ramadan, InterContinental Hotels at Dubai Festival City presents a plethora of culinary experiences, for you to cherish special moments with family and friends while dining under the stars. Get a taste of these unique offerings while gazing at the stunning views across the Dubai Creek from the sprawling outdoor terrace. To mark the holy month, special menus have been curated by some of the best and most talented chefs from Egypt, Lebanon and Syria.

An extravaganza of Arabic delicacies and international flavours

Anise, InterContinental Dubai Festival City

This lavish Iftar is renowned for its fine selection of authentic Arabian delicacies from the Levant region and North Africa, as well as global favourites with weekly culinary highlights. Explore eight interactive live cooking stations featuring Thai, Indian, Japanese, Levantine and Arabic cuisine cooked à la minute, with locally sourced ingredients and organic produce. The Ouzi; braised whole lamb, is a must-try, in addition to the authentic Saj bread by 'Mama Jamal' cooked using inherited traditional methods passed down for 48 years. The celebrated homemade Arabic pastries by Chef Chadi Abou Fakher and Arabic-flavoured ice cream are just a few of the highlights from the dessert section. Choose to dine on the stunning outdoor terrace with views across the Dubai Creek and be entertained by the iconic IMAGINE show; a multi-sensory laser, light and water extravaganza on Festival Bay at Dubai Festival City Mall, which takes place after sunset.

Time: 6.30-8.30pm. *Shisha will be served after 7pm.*
Price: AED275 per person, AED125 for children aged 6-12 and those under 6 years old dine complimentary.

Waterfront dining

Karam Al Bahr, InterContinental Dubai Festival City

Savour a scrumptious medley of Lebanese delicacies from a curated Iftar menu and enjoy majestic front-seat views of the Dubai Creek.

Time: Sunset to 9pm
Price: AED150 per person.

Iftar under the stars

Zaytoun, Crowne Plaza Dubai Festival City

Dine at the promenade deck boasting remarkable views of the Dubai Skyline and break your fast under the stars. Relish an extensive Iftar spread starring authentic Arabian dishes, Levantine specials and international flavours, with weekly menu additions.

An all-time favourite is the live Mashawi station presenting a splendid assortment of freshly grilled meats and seafood, prepared à la minute.

Time: 6.30-8.30pm. *Shisha will be served after 7pm*
Price: AED195 per person, AED85 for children aged 6-12 and children under 6 years dine complimentary.

Family-friendly affair

Sirocco, Holiday Inn & Suites Dubai Festival City

Known for playing host to families, diners can embrace the true spirit of Ramadan at Sirocco. Adults and children can tuck into a widespread buffet of specialities, with a variety of international dishes and traditional Arabian and Levantine classics.

Time: 6.30-8.30pm
Price: AED125 per person, children under 12 years dine complimentary.

Sumptuous Suhoors

At Karam Al Bahr, InterContinental Dubai Festival City, diners can expect hospitable Mediterranean ambience and front-row views of the city's skyline while indulging in the true taste of Lebanon. An extensive à la carte menu of authentic flavours and the fresh catch from the sea is available for diners.

Time: 9pm to midnight

Zaytoun at Crowne Plaza Dubai Festival City offers an incredible ambience with uninterrupted views of the Dubai Creek. The menu comprises cold and warm mezze with homemade bread and grills such as lamb skewers and mixed seafood platters, to be ordered à la carte. The exquisite Ramadan dessert station is brimming with treats including homemade Baklava, Kunafa, Umm Ali and much more.

Time: 9pm to 2am

Iftar at home

Enjoy a specially curated Iftar experience to enjoy in the comfort of your home. An array of delicious Ramadan favourites such as Palestinian chicken mussakhan rolls, golden cheese sambousek with tahini sauce, and the slow-braised lamb shoulder with oriental rice, Ouzi style, as well as homemade breads and pastries, offer the perfect meal after a long day.

Price: AED550 per box (serves up to 6 people).



frozen assets

veggie pasta bake


We've given mac 'n' cheese a mushroom-packed makeover for a simple freeze-ahead family meal

recipe BARNEY DESMAZERY photograph TOM REGISTER

Wild mushroom mac 'n' cheese

Using dried wild mushrooms means you don't have to wait until they're in season. They're also easier to find, cheaper than fresh varieties and the soaking liquid gives you a great flavoursome mushroom stock to use as well.

SERVES 4-5 **PREP** 15 mins

COOK 45 mins **EASY** 

25g dried mushrooms (mixed dried mushrooms or porcini are good)

75g butter

200g chestnut mushrooms, sliced

50g plain flour

500ml whole milk

1 tsp English mustard powder or English mustard

350g macaroni or other short pasta

grating of nutmeg

150g extra mature cheddar, grated

50g parmesan or vegetarian alternative, grated

25g panko breadcrumbs (optional)

1 Tip the dried mushrooms into a heatproof bowl, pour over hot water from the kettle until just covered, then set aside to soak until

cool. Meanwhile, heat about a third of the butter in a frying pan until sizzling and scatter in the chestnut mushrooms. Season and fry for 4-5 mins over a high heat until soft and cooked through. Set aside. When the dried mushrooms are cool, drain over a bowl to catch the soaking juices, pressing to squeeze out all the liquid, then roughly chop.

2 Heat all but about $\frac{1}{2}$ tsp of the remaining butter in a large saucepan over a high heat until sizzling, then add the rehydrated mushrooms and fry for 2-3 mins until well browned. Scatter over the flour and stir together to make a sandy paste. Cook for 2 mins, then gradually pour in the reserved mushroom soaking liquid, leaving any sediment in the bottom of the bowl. Simmer until thickened, then gradually stir or whisk in the milk until completely incorporated into a sauce. Add the mustard powder or mustard and season to taste with a grating of nutmeg and some salt and pepper. Leave the sauce to cook gently on a low-medium heat. Meanwhile, cook the macaroni in a saucepan of boiling water for 2 mins less than stated on the packet.

3 When the macaroni is ready, drain well and tip back into the saucepan. Pour over the mushroom sauce, tip in the fried chestnut mushrooms, all the cheddar and half the parmesan, then vigorously stir everything together until fully combined. Use the last of the butter to butter a casserole dish, then scrape in the macaroni and mushroom mix. Scatter with the remaining parmesan and the breadcrumbs, if using. *Will keep covered and chilled for up to two days or in the freezer for up to three months.* Defrost fully in the fridge before baking or see tip, right, to cook from frozen.

4 When you're ready to cook, heat the oven to 200C/180C fan/gas 6. Bake for 20-25 mins until golden and bubbling. Leave to stand for a few minutes, then bring to the table and serve straight from the dish.

GOOD TO KNOW calcium

PER SERVING 592 kcals • fat 27g • saturates 17g • carbs 62g • sugars 2g • fibre 4g • protein 23g • salt 0.9g

Shoot director SARAH SNELLING | Food stylist REBECCA WOODS | Stylist ROB MERRETT

**COOKING
FROM FROZEN**

Heat the oven to 160C/140C fan/gas 3 and cover the dish with foil. Cook for 50 mins-1 hr until a knife is easily inserted, then remove the foil, turn up the heat to 200C/180C fan/gas 6 and bake for 20 mins more until golden.

**A TOUCH OF
TRUFFLE**

If you have truffle oil, it would go perfectly in this. Lightly drizzle it in when mixing the pasta and sauce together. You can also use truffle butter to butter the dish, or truffle salt to season the sauce.

TOTALLY WILD

We've bulked this out with chestnut mushrooms because fresh wild mushrooms aren't in season. When they are, use those instead if you like, or try other varieties like Portobello or oyster.

Veg box stars CITRUS

If you have citrus fruits threatening to go soft in your fruit bowl, use them up in a zingy marmalade – as well as spreading it on your toast, a jar of it makes a lovely gift

recipe LIBERTY MENDEZ photograph HANNAH TAYLOR-EDDINGTON

Citrus marmalade

MAKES 6 x 455ml jars **PREP** 25 mins
plus cooling **COOK** 3½ hrs **EASY** V

1kg unwaxed citrus fruit (we used
a mixture of grapefruit, lemons
and limes)

2.25kg granulated sugar

1 Chill a saucer in the freezer, ready for checking the setting point of your jam later. Wash the citrus fruit and remove the top part that was attached to the stalk.

2 Put the whole citrus fruits in a large saucepan with 2½ litres of cold water. Bring to the boil, then cover the pan and simmer for 2 hrs 30 mins, or until the skins can be pierced easily with a small knife.

3 Use a slotted spoon to scoop the fruits out of the liquid and set aside to cool for at least 10-15 mins. Measure out 1.5 litres of the liquor and pour it back into the pan. If you don't have enough, top up with water.

4 Halve the citrus fruits, remove the pips and set aside. Cut the peel and flesh into thin 0.2 cm strips (depending on how thick-cut you would like it to be). Tip all of the flesh and skin, along with any juices, back into the pan with the liquid. Put the pips in a small piece of muslin and tie up with string. Add this to the pan as well, which will help the setting process.

5 Tip in the sugar and bring to the boil, stirring frequently. Continue to boil rapidly for about 45-50 mins – it should reach 105C.

Test the setting point by dropping a little marmalade onto the chilled saucer, allowing it to cool for 1 min, then push gently with your finger. If it crinkles, it has reached the setting point. If it doesn't, continue to boil and check again after 5-10 mins.

6 Leave the marmalade to cool in the pan for 10-15 mins, then carefully scoop out the muslin bag using a slotted spoon. Gently stir the marmalade in one direction to disperse any air bubbles, then pour into sterilised jars and seal with a lid. *Will keep for up to a year.*

GOOD TO KNOW vegan • low fat • gluten free
PER TBSP 46 kcals • fat none • saturates none •
carbs 12g • sugars 11g • fibre 0.4g • protein none •
salt none

USE UP YOUR MARMALADE

TOASTIE



Try it in a hot cheese toastie combined with molten mature cheddar. This is

ideal when you want to use up leftover marmalade and any bread that's going slightly stale.

FULL ENGLISH



The next time you have a full English breakfast, try adding a slather of marmalade to

your toast to serve alongside it. Marmalade perfectly complements salty bacon and tangy beans.

SHAKE IT UP



If you don't have any sugar syrup to hand when making a mocktail, try adding a spoonful of marmalade. It adds a complex sweetness along with bitter notes – just the thing for an old fashioned.



meal for one

cheesy skillet hash brown & eggs

Brighten up breakfast or brunch with this easy, gratin-inspired hash brown

recipe LIBERTY MENDEZ

photograph MIKE ENGLISH

SERVES 1 **PREP** 10 mins

COOK 25 mins **EASY** **V**

1 large Maris Piper potato (about 250g), coarsely grated

1 egg, beaten

1 tbsp plain flour

20g cheddar, grated

3 spring onions, finely sliced

1 tbsp vegetable oil

For the toppings

1 egg

20g cheddar, grated

¼ tsp chilli flakes (optional)

1 Heat the oven to 200C/180C fan/gas 6. Tip the grated potato into a clean tea towel and wring out any excess water. Transfer to a bowl and mix in the beaten egg, flour, cheese and half the spring onions. Season with plenty of salt and a grinding of black pepper.

2 Brush a 20cm ovenproof skillet or frying pan with the oil and set over a medium heat. Once hot, press the hash brown mixture into the pan using the back of a spoon, making a well in the middle. Fry for 6-8 mins until golden.

3 Transfer the hash brown to the oven and bake for 10 mins. For the toppings, break the egg into the gap

and sprinkle the cheese over the hash brown. Bake for 8-10 mins until the potato is crisp and the egg white is set and the yolk runny (or cooked the way you prefer). Sprinkle over the remaining spring onions and the chilli flakes, if using.

GOOD TO KNOW calcium • folate • vit c

PER SERVING 661 kcs • fat 35g • saturates 12g • carbs 54g • sugars 3g • fibre 5g • protein 30g • salt 1.1g



Find more egggy brunch ideas at bbcgoodfoodme.com.



WEEKEND

Mouthwatering dishes to dig into with your family and friends



GET YOUR 5-A-DAY, p41



1 INGREDIENT – 3 WAYS

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SEASONAL

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**DIANA HENRY
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RELAXED ENTERTAINING

Italian-style simplicity, p54



DIANA HENRY

TAHINI

Not just for hummus, tahini paste is great in sweet and savoury dishes

recipes DIANA HENRY photographs SAM STOWELL



Until 1982, I didn't know about tahini's existence. I'd just moved to London from Northern Ireland, and a Turkish shop near me – it sold everything from pails of black olives to washing-up liquid – had jars of it. I looked at it quizzically, bought it and, later when I tried it, couldn't understand how this sludge-coloured liquid could ever taste good. It had a bitter undertow, but I loved its silkiness and weight; it has the thickness and texture of double cream. Now, I often have two jars on the go (because one always gets lost in the depths of my larder).

I started to use tahini more after I bought Claudia Roden's *A Book of Middle Eastern Food* (Penguin) and learnt that when it's mixed with water, lemon juice and garlic, it makes an instant sauce for fish, lamb kebabs, roast summer veg or poached winter produce. And this simple sauce serves as a base for many others – you can whizz parsley or coriander into it, add yogurt, extra virgin olive oil, chillies or torn mint, sweeten it with honey or purée it with aubergine flesh. I love to spoon it over a warm salad of roast aubergines and chopped dates (its slight bitterness is delicious with dates). Of course, it's an essential ingredient in hummus too, which is probably how we eat it most.

Tahini has been a staple in the Middle East and north Africa for centuries, and is made from

sesame seeds. They're crushed until they produce a creamy liquid, which separates into oil and solids as it sits. But, there's more than one type – whole tahini is made with toasted unhulled kernels (or from a mixture of hulled and unhulled ones) and has more texture than the regular stuff, though some find it gritty and a bit more bitter. It's relatively easy to find, and will be labelled 'whole' or 'dark'. The more familiar tahini that we see in most shops is called 'white tahini'.

I have learnt over time how to use tahini properly and how it behaves in various dishes. The first thing to know is that each brand will taste slightly different and vary in thickness. That's why it can be hard to give exact instructions on how to season anything made with tahini, or how much water to add. Tahini can also seize up and become very thick when you add lemon juice to it, but if you just keep beating it and adding a bit of water, you'll eventually have a smooth mixture again. The success of any tahini sauce lies in the seasoning – taste and taste again throughout cooking for balance – and how much lemon juice you add.

Real tahini enthusiasts love to use it in sweet dishes too – there's no end of recipes for tahini brownies or tahini millionaire's shortbread – and I personally think its nuttiness works better in banana cake than anything else.



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *How to Eat a Peach* (Mitchell Beazley). For more of Diana's recipes, go to bbcgoodfoodme.com.
Twitter: @dianahenryfood Instagram: @dianahenryfood



Griddled squid, lentil, roast pepper
& preserved lemon with tahini

Griddled squid, lentil, roast pepper & preserved lemon with tahini

The tahini sauce used here is one I make a lot. It's great with roast veg or baked white or oily fish (such as sea bream or mackerel).

SERVES 4 PREP 20 mins

COOK 1 hr 10 mins EASY

3 large red peppers, halved and deseeded
4 tbsp extra virgin olive oil, plus a little extra for roasting and frying
1/2 small onion, finely chopped
1 celery stick, diced
225g puy lentils
1 lemon, juiced
1/2 small bunch parsley, chopped
600g cleaned and prepared squid
2 green and 2 red chillies, halved, deseeded and finely sliced
2 garlic cloves, finely sliced
1 preserved lemon, flesh removed and discarded, rind very finely sliced

For the tahini dressing

4 tbsp tahini
2 tbsp Greek yogurt

2 tbsp extra virgin olive oil
2 garlic cloves, crushed
1/2 lemon, juiced
1/2 small bunch coriander, finely chopped

1 Heat the oven to 200C/180C fan/gas 6. Put the peppers on a baking tray and brush with some olive oil. Roast for 25-30 mins, until soft and blistered. Leave to cool slightly.

2 To make the dressing, combine everything together until it is the consistency of double cream. If it's too thick, add a little water and adjust the seasoning to taste. Set aside. Slice the peppers into strips.

3 Heat a little olive oil in a medium pan and fry the onion and celery for 10 mins until soft but not coloured. Tip in the lentils and cover with water. Bring to the boil, then reduce the heat and simmer for 15 mins, or until the lentils are tender, topping up the water if needed.

4 Drain the lentils, then spoon into a serving bowl. Season well, then stir in 1 tbsp olive oil, half the lemon juice and the parsley. Leave to cool a bit, then add the peppers.

5 Cut the 'wings' from the squid and put them aside with the tentacles. Slice the bodies down one side so they open out, then clean the inside by running a knife blade firmly over the flesh. Score the flesh on the inside, ensuring you don't cut all the way through. Pat dry with kitchen paper, then transfer to a bowl with just enough olive oil to moisten the pieces (about 2 tbsp). Heat a griddle pan until very hot.

6 Season the squid and griddle in batches for 20-30 seconds on each side until just golden. Cut into bite-sized pieces, then toss through the lentil salad and drizzle over the remaining lemon juice.

7 In a small frying pan, heat 1 tbsp oil and fry the chillies and garlic until golden. Pour over the squid, then toss through the preserved lemon. Serve with the dressing spooned over or on the side. If you have any leftovers.

GOOD TO KNOW calcium • folate • fibre • vit c
• iron • 2 of 5-a-day • gluten free

PER SERVING 624 kcal • fat 34g • saturates 6g
• carbs 32g • sugars 7g • fibre 12g • protein 41g • salt 0.5g

Sabich

This is a popular sandwich in Israel. The amba sauce is usually made with salted mangoes, but I've simplified the method.

SERVES 4 PREP 45 mins plus 48 hrs pickling COOK 40 mins MORE EFFORT V

2 tomatoes, diced
1/2 small cucumber, diced
2 spring onions, chopped
1 1/2 tbsp olive oil, plus extra for frying
squeeze of lemon juice
2 aubergines, trimmed and sliced into 1cm rounds
4 pitta breads
4 medium hardboiled eggs, peeled and sliced
200g hummus

For the pickles

150g radishes, trimmed and halved if large
250g carrots, cut into slices on the diagonal
4 shallots, finely sliced
250g small cauliflower florets
500ml white vinegar
3 1/2 tbsp granulated sugar
3/4 tbsp sea salt flakes
1 tsp yellow mustard seeds

2 tsp caraway seeds
1 tsp black peppercorns, bruised
1/2 tsp coriander seeds, bruised

For the amba sauce

1 tbsp olive oil
3 garlic cloves, chopped
1 red chilli, halved, deseeded and chopped
1 tsp black mustard seeds
1 tsp turmeric
1/2 tsp fenugreek seeds
pinch cayenne pepper
2 firm mangoes, peeled and flesh chopped (about 375g)
50ml white wine vinegar
1 tbsp light brown soft sugar
squeeze of lime juice

For the tahini sauce

100g tahini
1 tbsp lemon juice
1 small garlic clove, crushed

1 To make the pickles, put all the veg in a sterilised 1-litre jar. Put the vinegar, sugar, salt and spices in a pan with 400ml water and bring to the boil. Leave to cool, then pour over the veg. Seal and leave to pickle at room temperature for 48 hrs. *Will keep in the fridge for up to four weeks.*

2 To make the amba sauce, heat the oil in a pan set over a medium heat,

then cook the garlic and chilli until just soft. Tip in the spices and cook for 1 min, add the mango and stir to coat, then add the vinegar, sugar and 100ml water. Cover and simmer for 10-15 mins until the mango is soft. Season to taste and squeeze over the lime juice. *Will keep in the fridge for up to one week.*

3 For the tahini sauce, combine the ingredients with 80ml water and season to taste. It should be the consistency of double cream.

4 Toss the tomatoes, cucumber and spring onions with the oil, season and squeeze over the lemon juice.

5 Heat some olive oil in a frying pan over a medium-high heat and cook the aubergines in batches for 5-8 mins on each side until just golden. Season, then reduce the heat and continue to cook until soft.

6 Toast and split open the pittas, then stuff with the aubergine slices, eggs, hummus, salad, pickles and amba sauce. Drizzle over the tahini sauce to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • iron
• 3 of 5-a-day

PER SERVING 802 kcal • fat 42g • saturates 5g
• carbs 69g • sugars 25g • fibre 16g • protein 29g • salt 2.2g





Tahini banana cake

I know I'm in the minority in not liking tahini in sweet dishes, but it does work brilliantly in banana cake. It's important that the bananas you use are very ripe.

SERVES 12 **PREP** 15 mins

COOK 50 mins **EASY** **V**

* sponge only

100g unsalted butter, softened, plus extra for the tin
250g light brown soft sugar
85g tahini
2 large eggs, lightly beaten
1 tsp vanilla extract
275g plain flour
½ tsp bicarbonate of soda
60ml milk
2-3 small, very ripe bananas, mashed (about 275g)

3 tbsp sesame seeds

For the buttercream topping

115g unsalted butter, softened

125g icing sugar

½ tsp vanilla extract

2½ tbsp tahini

3 tbsp chocolate chips

1 Heat the oven to 190C/170C fan/gas 5. Butter and line a 20cm square cake tin with baking parchment.

2 Beat the butter, sugar and tahini together until pale and smooth. Beat in the eggs a little at a time, then add the vanilla, scraping down the sides of the bowl as needed.

3 Mix the flour, bicarbonate of soda and ½ tsp salt together, then fold into the butter mixture. Stir in the

milk. Carefully fold in the banana and sesame seeds, then spoon the batter into the prepared tin and bake for 40-50 mins until a skewer inserted in the middle comes out clean. Leave to cool slightly in the tin, then lift out and transfer to a wire rack to cool completely.

4 To make the buttercream topping, beat all the ingredients, except the chocolate chips, together until smooth. Spread this over the cooled cake, then scatter over the chocolate chips and cut the cake into squares or rectangles to serve.

PER SERVING 478 kcal • fat 25g • saturates 12g

• carbs 54g • sugars 36g • fibre 3g • protein 7g • salt 0.4g

Get your 5-a-day

This substantial soup hits the jackpot with all five of your 5-a-day. Warming, filling and ideal for Iftar, you'd never guess it's low in calories, too

recipe SARA BUENFELD

photograph MIKE ENGLISH

Lamb & chickpea soup

SERVES 2 **PREP** 15 mins

COOK 35-40 mins **EASY** ✨



- 1 tbsp olive or rapeseed oil
- 1 onion, halved and sliced
- 2 carrots, diced (170g)
- 3 large celery sticks, chopped
- 125g lean lamb leg steak, all visible fat trimmed away, cut into pea-sized pieces
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp coriander
- 400g can green lentils
- 210g can chickpeas
- 2 tbsp tomato purée
- 2 tsp vegetable bouillon powder
- ½ small bunch of parsley, chopped, plus few whole leaves

1 Heat the oil in a deep, non-stick saucepan. Add the onion, carrots and celery, and cook over a high heat, stirring every now and then, until starting to soften. Stir in the lamb and spices, then cook for 5-7 mins to brown the meat.

2 Tip in the cans of lentils and chickpeas, along with their liquid, then stir in the tomato purée and bouillon with 1 litre of hot water from the kettle. Bring to the boil,

then cover and simmer for 30 mins until the veg is tender. Stir through the chopped parsley, then scatter over a few whole leaves to serve.

GOOD TO KNOW healthy • low cal • fibre • iron • 5 of 5-a-day • gluten free

PER SERVING 430 kcs • fat 15g • saturates 4g • carbs 37g • sugars 13g • fibre 20g • protein 27g • salt 1.7g



1 INGREDIENT - 3 WAYS

CHEERING ON CHANA

Food writer **Sumayya Usmani** shares recipes that celebrate versatile chana daal – split baby chickpeas *photographs* LOUISE HAGGER

Chana daal (also known as chana lentil, Bengal gram or split peas) are baby black chickpeas, split and polished. In Urdu and Hindi, the word 'daal' means lentil, and 'chana' means chickpea. It's chana lentil that, when ground, forms gram flour (chickpea flour or besan in Urdu and Hindi).

In texture, chana daal is a more substantial pulse, and makes for a hearty meal. Its larger shape means it takes a while to cook. It's good to rinse it a few times to get rid of any debris, and soak for at least 30 minutes before cooking.

Chana daal is sweet, nutty and nutritious, with a corn-like flavour. It's used in soups, stews, desserts, salads and is very digestible when soaked and washed. Because of its size, it tends to be slow-cooked, unlike other lentils. Chana daal is sometimes better when left to ferment a little overnight, as it cooks quicker and adopts a slightly mellower flavour. Many cooks choose to soften and break it down in a pressure cooker, but I prefer not to cook it this way because it alters its nutty taste. Cooking it slow or eating it raw (as in the recipes I've shared here) are the best ways to enjoy its earthy and nutty flavour.

Chana daal can also be dry-roasted and ground to add thickness and flavour. This is one lentil that is eaten all over the Indian sub-continent, in India, Pakistan and Bangladesh.



Sumayya Usmani is an author and educator with a focus on food writing, and intuitive cooking. Born and raised in Pakistan, her recipes highlight her heritage. She is the author of *Summers Under the Tamarind Tree* and *Mountain Berries and Dessert Spices*. Sumayya's next book, a food memoir, will be published next year. @sumayyausmani



Lahori chanay ki daal

Lahori chanay ki daal

Stopping by the street-food stalls and eating chanay ki daal is my favourite memory of Lahore in Pakistan. Slow-cooking over coal fire added a smoky taste to the final dish. This recipe is my version of the classic. I've added black cardamom, which helps mimic the coal-smoked taste.

SERVES 4 **PREP 10 mins** plus soaking
COOK 45 mins **EASY** 

350g chana daal
4 tbsp sunflower oil
1 tbsp ghee (or unsalted butter)
1 tsp whole cumin seeds
1 black cardamom (optional)
1 red onion, finely chopped
2 garlic cloves, finely chopped
½ inch piece of ginger, peeled and grated
4 tbsp tomato purée
½ tsp turmeric
½ red chilli powder or Kashmiri chilli powder

1 tbsp kasuri methi (dried fenugreek) (optional)

To serve

1 green chilli, finely chopped
small bunch of coriander leaves, chopped
½ inch piece of ginger, julienned
1 tsp chaat masala (optional)

1 Wash and soak the chana daal for about 30 mins. Tip into a large pan, pour over 2 litres of water and boil over a medium heat for 20 mins, until soft but not falling apart or mushy. Add a little more water if it dries up. Drain any remaining water.

2 Warm the oil and ghee in a saucepan over a medium heat until melted. Add the cumin seeds and black cardamom, and cook briefly for about 15-20 seconds. Tip in the onion and cook until it turns golden, then lower the heat to low-medium and keep stirring for 5 mins.

3 Add the garlic and ginger, fry for about 30 seconds, stirring constantly to avoid sticking.

4 Add the tomato purée, a splash of water, the turmeric, a good pinch of salt and the red chilli powder. Fry for about 2 mins, stirring, until the water has reduced completely.

5 Tip in the cooked lentils and pour in 150ml of water. Turn the heat down to low, cover and cook for 8-10 mins, stirring regularly to avoid burning the bottom.

6 Stir in the kasuri methi if using, then cover and cook for about 2-3 mins more. Serve with the chopped chilli, coriander, julienned ginger and chaat masala scattered over, if you like.

GOOD TO KNOW healthy • folate • fibre • iron •
2 of 5-a-day • gluten free

PER SERVING 442 kcals • fat 16g • saturates 2g •
carbs 45g • sugars 7g • fibre 15g • protein 21g •
salt 0.1g



This daal freezes well, so you could make a double batch and serve half another time. It'll keep frozen for up to three months.

Chana daal chaat with tamarind & herbs

This is a quick salad – the chana daal is raw and it makes for a wonderful accompaniment to summer dishes. We eat this weekly at home, and growing up in Paksitan, this was served simply with lemon juice, red chilli and salt. The key is to soak the chana daal for at least 2-3 hours, but not overnight.

SERVES 4-6 (as a side)
PREP 15 mins plus 2 hrs 30 mins soaking and chilling **EASY**

400g chana daal, washed and soaked for 2 hrs in warm water
2 large handfuls of pomegranate seeds
¼ cucumber, cut into small chunks
1 green chilli, finely chopped
¼ tsp red chilli powder
½ tsp black salt (kalanamak)
½ tsp chaat masala (optional)
½ lemon, juiced, plus wedges to serve
2 tbsp tamarind chutney
6-8 mint leaves, chopped, plus extra to serve
1 tbsp chopped coriander leaves
1 tbsp finely chopped dill

1 Soak the chana daal in a bowl of warm water for about 2 hrs.

2 Drain the daal well, then place in a large bowl with all of the remaining ingredients and season well. Stir well, then chill in the fridge for 30 mins before serving for the best flavour, or eat straightaway. Scatter over some extra mint leaves and serve with lemon wedges for squeezing over.

GOOD TO KNOW vegan • healthy • low fat • folate •
fibre • 2 of 5-a-day

PER SERVING (6) 261 kcals • fat 4g • saturates 0g •
carbs 36g • sugars 5g • fibre 11g • protein 15g •
salt 0.6g



Got some leftover tamarind chutney? It can be used in marinades or eaten with pakoras and samosas.





Chana daal halva infused with saffron, cloves & cardamom

People in Pakistan love to make halva out of nearly every ingredient, and chana daal is a favourite. This is a family recipe, shared by my mother.

MAKES 20 **PREP** 20 mins plus
overnight soaking and cooling
COOK 55 mins **MORE EFFORT**

400g chana daal, soaked overnight
750ml whole milk (or use soya or
almond milk)
2 tbsp ghee or 1 tbsp unsalted butter
and 1 tbsp sunflower oil
6 green cardamom pods, lightly
crushed
6 cloves
340g golden caster sugar
small pinch of saffron
2 tbsp chopped pistachios
2 tbsp chopped almonds

1 Put the chana daal in a large bowl, pour over water to cover, and leave overnight. Drain, then tip into a large saucepan. Pour over the milk and bring to the boil, then reduce the heat to medium and simmer, stirring frequently, for 25-30 mins, until the milk is completely absorbed.
2 Set aside to cool for 20-30 mins, until it comes to room temperature. Tip into the bowl of a food processor and whizz until it becomes a smooth paste – you may need to loosen it with a splash of water if it's too thick.
3 Heat the ghee (or oil and butter) in a saucepan over a low-medium heat. When hot, add the cardamom and cloves, and fry for a few seconds until fragrant.
4 Add the blended lentil paste and cook for 15 mins, stirring constantly, until it begins to smell nutty and turns a light brown in colour. Remove the pan from the heat.

5 In another saucepan (or you could wash up the saucepan used for the milk), warm the sugar and 100ml water over a medium heat for 10-12 mins until the sugar dissolves and reaches a temperature of 104C on a sugar thermometer. It should look syrupy. Remove from the heat.
6 Pour into the lentil mixture, add the saffron and mix well until smooth. Allow the halva to cool in the pan for around 30 mins until cool enough to handle.
7 Shape tablespoonfuls of the halva into cylindrical shapes using your hands, then arrange on plate, and scatter over the chopped nuts. *Serve straightaway or cool completely and keep chilled for up to four days.*

GOOD TO KNOW gluten free
PER SERVING 171 kcals • fat 4g • saturates 2g •
carbs 28g • sugars 19g • fibre 1g • protein 6g • salt 0.1g

Seafood
from Scotland

Celebrating SCOTTISH SEAFOOD

Founder of Racines in Bordeaux, Daniel Gallacher, is a self-taught Chef who blends his Scottish roots with French influences to create original, inspiring dishes. A champion for Scottish seafood, his menu focuses entirely on seasonality and market availability. Here, he shares his favourite langoustine recipe.



Scottish Langoustine tartare with citrus fruits and basil, marinated Angus beef with a langoustine cream

1kg Scottish langoustines
250g Angus beef fillet
50g rock salt
25g sugar
2 small oranges (zest/juice and diced segments)
1 small grapefruit (zest/juice and diced segments)
1 lime (zest/juice and diced segments)
1 lemon (zest/juice and diced segments)
25g ground black pepper
2 sprigs of thyme
50g basil
Olive oil (to taste)
2 shallots, diced
25g chives
10g ginger, grated

Langoustine cream

400g langoustine heads
20g ginger, diced
2 lemongrass batons, bruised and cut
1 chilli, diced
1 onion, diced
1 carrot, diced
20g fennel, diced
30g basil (chiffonade)
2tbsp tomato purée
1l cream

Method:

1. Prepare the filet of beef. Mix the rock salt, sugar, ground black pepper, thyme, 1 orange and the lemon (zest/juice and diced segments).
2. Coat the beef with this mixture and marinate for at least 10 hours in the fridge. Remove from the fridge, wash thoroughly and pat dry. Cut into thin slices. Keep in the fridge until ready to serve.
3. Remove the heads from the langoustines and keep for the sauce. Remove the shell and intestines from the langoustines and store the tails in the fridge.
4. For the sauce, roast the langoustine heads with a little olive oil and a knob of butter. Roast for 3-4 minutes without burning and then add the ginger, chilli, lemongrass, and vegetables. Roast for further 5 minutes, paying attention not to burn.
5. Add the tomato purée and basil and cook for 2 minutes, then add the cream. Bring to the boil and allow to simmer until the sauce coats the back of a spoon. Strain and season, ready to serve.
6. For the tartare, remove the prepared langoustine tails from the fridge and cut the tails into small dice.
7. In a bowl, add the langoustines with the diced shallots, the zest, and segments of the remaining citrus fruits. Follow with the grated ginger, chives, and basil. Taste the tartare and season with olive oil, juices from the citrus fruits and salt.
8. In a bowl, place the tartare in the centre and two thin slices of Angus beef on top, garnish with basil leaves, croutons, sea salt and ground black pepper.
9. Delicately pour the langoustine cream into the bowl and serve immediately.

SEASONAL

READY FOR SPRING

Be inspired by the bounty of exciting produce with recipes from **Esther Clark**

photographs YUKI SUGIURA

Green, rich vegetables are at their best in April, including spinach, purple sprouting broccoli and crunchy spring onions.

With a mild onion flavour and crunch, spring onions are equally delicious raw and cooked. The white part of the onion has the strongest punch, but never be tempted to discard the green part – the flavour is more subtle, but still worth using. Clean spring onions well before cooking with them, though, as they have a habit of harbouring dirt and grit inside their hollow stems. I like to griddle whole spring onions and pile them onto toast with lemon zest, ricotta and herbs. They're also delicious served on a bed of Spanish romesco sauce. In my pie recipe, they're part of the topping – pairing so well with the creamy poached chicken filling.

Purple sprouting broccoli is an iconic vegetable with its purple tops and dark, long leaves, and richer in flavour than the standard variety. It's far more robust, too. It

can be simply griddled, drizzled in olive oil and topped with sea salt and a squeeze of lemon juice, but I've cooked mine into a soup that's rounded off with salty blue cheese. If you're not a fan of the pungent cheese, you can simply omit or use lemon zest instead.

Finally, seeing bunches of deep green spinach is a sure sign that spring is here. Look out for larger leaves for greater depth of flavour. Spinach is packed with goodness and a fantastic addition to your morning smoothie or juice blend. Wilt it into a tomato-based curry or stuff it into cannelloni tubes with ricotta, if you like. I really love it paired with eggs, as the two naturally work so well together. I've worked spinach through a rich tomato sauce inspired by a classic Italian pomodoro sauce and dotted it with creamy ricotta, and cooked eggs in amongst all that, keeping the yolks glossy and runny (see recipe, opposite). It's so comforting served with lots of crusty bread for mopping up all the sauce.





Baked eggs with spinach, tomatoes, ricotta & basil

Serve these easy yet indulgent baked eggs for brunch. If you're not vegetarian, you could also add chorizo, if you like.

SERVES 4-6 **PREP** 10 mins
COOK 30 mins **EASY** **V**

2 tbsp olive oil
1 onion, finely chopped
1 garlic clove, crushed
pinch of chilli flakes
3 x 400g cans finely chopped tomatoes (or blitz regular canned chopped tomatoes using a food processor or hand blender)

3 tbsp sundried tomato pesto (ensure vegetarian, if needed)
200g spinach, roughly chopped
8 eggs
100g ricotta
40g parmesan or vegetarian alternative, finely grated
handful of basil leaves
crusty bread or focaccia, to serve

1 Heat the oil in a large, shallow, flameproof casserole or frying pan over a low-medium heat and fry the onion with a pinch of salt for 10 mins until soft and translucent. Add the garlic and chilli flakes, and fry for 1 min more. Tip in the tomatoes, 1 tsp sugar and pesto.

Season and simmer, uncovered, for 10 mins, stirring often. Tip in the spinach and cook for another 5 mins until wilted.

2 Heat the grill to high. Make eight gaps in the sauce with the back of a spoon and crack an egg into each. Dot over the ricotta and scatter with the parmesan. Cover and cook for 5 mins, then slide under the hot grill for a few minutes until the egg whites are set and the yolks runny. Scatter with the basil and serve with crusty bread for dunking.

GOOD TO KNOW healthy • low cal • calcium • vit c • 2 of 5-a-day • gluten free

PER SERVING (6) 271 kcals • fat 17g • saturates 5g • carbs 11g • sugars 11g • fibre 3g • protein 17g • salt 0.7g

Poached chicken & pancetta pie with spring onion colcannon

For an alternative Sunday lunch, try cooking this hearty pie topped with buttery colcannon mash.

SERVES 6 PREP 30 mins

COOK 2 hrs 15 mins MORE EFFORT 🌟

1.3-1.4kg whole chicken
1 litre whole milk
1 litre chicken stock
1 onion, halved
2 bay leaves
80g pancetta, cut into 1cm pieces
40g unsalted butter
40g plain flour
200ml dry non-alcoholic white wine
1½ tbsp wholegrain mustard
100ml double cream

For the topping

1.5kg Maris Piper potatoes, cut into 2cm cubes
30g butter
2 bunches of spring onions, sliced
100ml whole milk
30g gruyère or comté, finely grated

1 Sit the chicken in a large, lidded saucepan. Pour over the milk and stock, then nestle in 1 onion half and the bay leaves. Bring to a simmer over a medium heat, then cover and cook gently for 1 hr 15 mins until the chicken is cooked through – when ready, it should be opaque through the middle and the internal temperature should read 70°C on a meat thermometer. Remove from the heat and leave the chicken to cool in the poaching liquid for 30 mins, or until cool enough to handle. Drain, reserving 600ml of the poaching liquid, then shred the meat off the carcass using two forks. Discard the bones (or see tip, right).

2 Finely chop the remaining onion half. Heat a deep frying pan over a medium heat and fry the pancetta for 5 mins until crisp. Add the chopped onion and fry for 10 mins more until the onion has softened.

Transfer the mixture to a plate using a slotted spoon and set aside.

3 Melt the butter in the same pan, then stir in the flour and cook for 2 mins. Pour in the non-alcoholic wine and bring to the boil, stirring continuously. Remove from the heat and slowly whisk in the reserved poaching liquid, a little at a time. Return the pan to a medium heat and cook for 5 mins, whisking continuously until thickened. Stir through the shredded chicken, the mustard and double cream. Season to taste. Spoon the mixture into a large ovenproof dish.

4 Heat the oven to 200°C/180°C fan/gas 6. To make the topping, cook the potatoes in a pan of boiling salted water for 15 mins until easily pierced with a cutlery knife. Drain, then tip back into the pan and leave to steam-dry for 10 mins. Melt the butter in a frying pan over a medium heat and fry the spring onions for 5 mins. Mash the potatoes with a potato masher or fork, then stir through the buttery spring onions, the milk and seasoning. Spoon the mash over the chicken filling, then scatter over the cheese and bake for 30-35 mins until the topping is golden and crisp. *The unbaked pie can be kept frozen for up to a month. Defrost thoroughly in the fridge overnight, then bake as above.*

GOOD TO KNOW calcium • vit c

PER SERVING 905 kcal • fat 53g • saturates 23g •

carbs 49g • sugars 8g • fibre 5g • protein 49g •

salt 1.5g



MAKE YOUR OWN STOCK

● *Instead of discarding the chicken bones, you can make homemade stock by tipping the bones into a large pan along with whatever veg and herbs you have to hand (chopped carrots, onion and celery with rosemary, thyme and bay leaves work well) and 2 litres of water. Season and simmer for two-three hours until reduced by half. Strain into an airtight container and chill for up to three days or freeze for up to three months.*





Purple sprouting broccoli, buttermilk & blue cheese soup

Serve this sophisticated soup for lunch with warm crusty bread.

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY** **V**

2 tbsp olive oil, plus extra for drizzling
1 onion, roughly chopped
1 celery stick, roughly chopped
1 large potato (about 300g), cut into 2cm cubes
250g purple sprouting broccoli (stalks, florets and leaves), roughly chopped

1.1 litres vegetable or chicken stock
100ml buttermilk
100g blue cheese, crumbled
3 tbsp double cream
½ lemon, juiced
30g mixed seeds
½ small bunch of chives, finely sliced

1 Heat the oil in a flameproof casserole or saucepan over a medium heat and fry the onion and celery with a pinch of salt for 10 mins until beginning to soften. Add the potatoes, broccoli and stock, and bring to a simmer. Cover and cook for 20-25 mins, or until the thick broccoli stalks are tender

enough to pierce with a cutlery knife. Remove from the heat and add half the buttermilk and 80g of the blue cheese. Blitz everything together using a hand blender until smooth. Season to taste, then stir in the cream, remaining buttermilk and the lemon juice.

2 Ladle the soup into the bowls and top with the rest of the cheese, the seeds, chives and a drizzle of olive oil, then serve.

GOOD TO KNOW calcium • folate • fibre • vit c

• 1 of 5-a-day

PER SERVING 427 kcal • fat 31g • saturates 15g • carbs 20g • sugars 7g • fibre 6g • protein 13g • salt 1.3g

NATURALLY EUROPEAN
Put some color in your cooking with French butter.



Wheels of flavours

French butter producers are known for their range of flavoured butters – smoked salt, Piment d'espelette, Roscoff onion, lemon olive oil, yuzu, sweet Madagascar vanilla, and seaweed.

With a team of professionals constantly developing new flavours, butter enthusiasts can

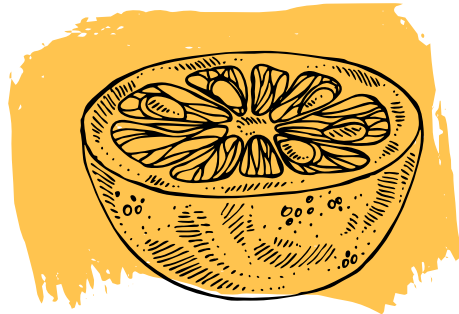
find a variety that can be used across cooking techniques and recipes, from sweet to savoury.

Indeed, butter is an amazing flavor enhancer that helps ingredient's flavours shine, bringing more aroma to the dish.

PS - Would you believe the most popular flavoured butter in France is seaweed?



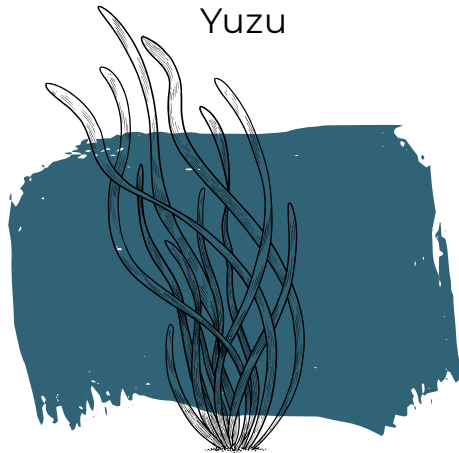
Buckwheat



Yuzu



Piment d'espelette



Seaweed



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RELAXED ENTERTAINING

ITALIAN-STYLE SIMPLICITY

Barney Desmazery has devised an easy but impressive three-course menu inspired by Italy, all of which can be prepped in advance to enjoy over the Easter weekend

recipes BARNEY DESMAZERY *photographs* JONATHAN GREGSON

MENU

Smashed cannellini
crostini

Spicy squid ragu with
pasta & clams

Shaved fennel
& rocket salad

Affogato chocolate pots

There are many things I love about weekend entertaining. Aside from the meal, it's about spending time with friends, so you don't want to be stuck in the kitchen cooking. With that in mind, I've put together a menu that, with a bit of effort a day ahead, only needs a few finishing touches on the day of serving.

The Italians do this particularly well with pasta dishes that can be elevated in small ways and scaled up for special occasions. Apart from the practical benefits, I also love to cook a menu that transports me to sunnier climes.



Barney is Good Food's skills & shows editor. He has worked as a chef in London, France and Australia and is a pro at adapting restaurant recipes to make at home.
@barney_desmazery



Smashed cannellini bean crostini

We've been restrained with the amount of oil we've used in this dip, but the more you add, the silkier it becomes – feel free to add a little more if you prefer.

SERVES 4 PREP 10 mins
COOK 10 mins EASY V

4 tbsp olive oil, plus extra for drizzling (optional)
12 sage leaves (optional)
1 onion, finely chopped
1 garlic clove, finely chopped
½ tsp cracked black pepper
400g can cannellini beans, drained and rinsed
½ lemon, juiced

12 crostini or breadsticks, to serve (see tip, right)

1 Heat half the oil in a shallow saucepan over a low-medium heat and scatter in the sage leaves, if using. Fry for 2 mins until crisp, lift onto a plate using a slotted spoon. Tip the onion into the pan and cook for 3 mins until soft, then add the garlic and cook for 1 min more. Sprinkle in the pepper and toast for 1 min, then stir in the beans. Turn off the heat. Stir in the lemon juice.
2 Season the mixture with salt, then tip into a food processor or mini chopper with the remaining oil. Blitz everything together to your desired consistency – it can be a smooth or a rough paste. *Will keep*

covered in the fridge for two days. Bring to room temperature 1 hour before serving.

3 Serve the dip as is with crostini or breadsticks, or drizzle with a little extra olive oil and top with the crispy sage leaves, if using.

GOOD TO KNOW vegan • 1 of 5-a-day
PER SERVING 174 kcals • fat 12g • saturates 2g • carbs 11g • sugars 3g • fibre 5g • protein 5g • salt 0.06g



HOMEMADE CROSTINI

Heat the oven to 180C/160C fan/gas 4. Lay **12 thin slices of ciabatta** or **baguette** on a baking tray, drizzle with **1 tbsp olive oil** and bake for 12-15 mins until golden. Rub the crostini lightly with **1 halved garlic clove** if you like, then cool and serve. *Will keep in an airtight container for up to a day.*

Spicy squid ragu with pasta & clams

I created this to get my spag-bol-loving kids to broaden their horizons, swapping the mince for finely chopped squid. The ragu has become my go-to way to cook squid (or cuttlefish), and it can be adjusted to make use of the ingredients I have to hand or served in a variety of ways. Enjoy it on its own like a tapa or with chips, and use different shellfish, if you like.

SERVES 4 PREP 25 mins
COOK 40 mins EASY 🌱 ragu only

2 tbsp olive oil, plus extra for drizzling
2 onions, finely chopped
4 garlic cloves, finely chopped
1 red chilli, finely chopped (deseeded if you prefer less heat)
500g cleaned squid (about 2 medium), cut into thin rings, tentacles left whole
150ml non-alcoholic white wine
400g can chopped tomatoes
300g short tube pasta, such as rigatoni

600g clams or mussels, or use a mixture handful of flat-leaf parsley, leaves picked
½ lemon, zested

1 Heat the oil in a saucepan or flameproof casserole dish over a medium heat and fry the onions for 8-10 mins until golden. Scatter in the garlic and chilli, season with salt and cook for 2 mins more. Stir through the squid and cook for another 10 mins until the squid has tightened up and any liquid has evaporated. Splash in the non-alcoholic wine and bubble away for 5-6 mins, then tip in the tomatoes. Stir well, reduce the heat to low and simmer gently for 25-30 mins until the squid is tender and the sauce thick and rich. *Once completely cooled, the ragu can be covered and chilled for up to two days or frozen for a month. Defrost completely in the fridge overnight and reheat over a low heat until bubbling before continuing with step two, below.*
2 Cook the pasta in a large pan of boiling water for a minute less than pack instructions. Meanwhile, stir the clams

or mussels into the ragu. Cover with a lid and cook over a medium heat for 6-8 mins, giving the pan an occasional shake until all the clams have opened – remove and discard any that remain closed after this time. Turn off the heat.

3 Drain the pasta, reserving a little of the cooking water. Stir the pasta into the ragu and warm everything through over a low heat for a minute, adding a small splash of the reserved water if the sauce needs to be loosened. Turn off the heat and add a drizzle of oil, the parsley leaves and lemon zest. Stir, then bring the pan to the table for serving alongside a separate bowl to collect the clam shells.

GOOD TO KNOW healthy • low fat • folate • vit c • iron
• 2 of 5-a-day
PER SERVING 548 kcals • fat 11g • saturates 2g • carbs 56g • sugars 10g • fibre 5g • protein 47g • salt 1.5g

Shaved fennel & rocket salad

Raw fennel can be a bit fibrous, but finely slicing it before lightly pickling it in lemon juice breaks it down a little while still retaining its fresh crunch.

SERVES 4 PREP 5 mins plus
pickling NO COOK EASY V

1 fennel bulb
½ tsp fennel seeds (optional)

½ lemon, juiced
2 tbsp olive oil
50g rocket

1 Remove the fronds from the fennel bulb and set aside. Cut away any tough stalks, then thinly slice the bulb using a sharp knife or ideally a mandoline. Tip the fennel slices into a bowl and, using your hands, scrunch through a large pinch of salt, the fennel seeds, if using, and the lemon juice.

Cover and leave to stand at room temperature for at least 10 mins, or chill for up to a few hours.

2 To serve, drizzle the pickled fennel with the olive oil, then toss through the rocket and reserved fennel fronds. Serve directly from the bowl or pile onto plates.

GOOD TO KNOW vegan • healthy • 1 of 5-a-day • gluten free
PER SERVING 65 kcals • fat 6g • saturates 1g • carbs 1g • sugars 1g • fibre 2g • protein 1g • salt 0.03g



Affogato chocolate pots

Make these rich coffee and vanilla chocolate pots in advance – they're easy but a bit more special than just pouring coffee over ice cream.

SERVES 4 **PREP** 15 mins plus at least 2 hrs setting **COOK** 5 mins
EASY V

150g dark chocolate (at least 70% cocoa solids), chopped into small pieces
2 shots hot espresso or 100ml hot strong instant coffee
150ml double cream
½ tsp vanilla extract
2 egg yolks (freeze the whites for another recipe)
50g golden caster sugar
4 of your favourite biscuits to serve with coffee (we used amaretti), plus extra to serve

1 Tip the chocolate into a heatproof bowl. Pour the coffee, double cream and vanilla into a small saucepan and bring to the boil over a medium heat, then pour this over the chocolate. Leave to stand for a minute, then stir together until the chocolate has melted and the sauce is smooth. Set aside.

2 Beat the egg yolks and sugar together for 5 mins in a separate bowl using an electric whisk until pale, thick and fluffy. Carefully fold in the melted chocolate mixture until everything is combined into a rich mousse. Crumble the biscuits and put most of the crumbs into the bases of four small coffee cups or ramekins, then spoon over the chocolate mousse. Chill for at least 2 hrs. *Will keep chilled for up to two days.* Serve cold topped with the remaining crumbled biscuits and some extra whole biscuits on the side for dunking.

PER SERVING 504 kcal • fat 38g • saturates 22g • carbs 35g • sugars 31g • fibre 3g • protein 5g • salt 0.1g

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NEXT LEVEL

Three-cheese risotto

recipe BARNEY DESMAZERY photograph HANNAH TAYLOR-EDDINGTON

SERVES 4 PREP 15 mins COOK 1 hr MORE EFFORT

CHEESE RINDS

We're simmering our cheese rinds in the stock as an easy way to add more flavour and waste as little as possible.

WHY

Apart from being an Italian classic, risotto is often seen as a quick midweek meal, something that can be thrown together with nothing more than a stock cube, some rice and cheese. When made properly, however, it's a labour of love that will reward your time and effort with one of the most comforting meals there is. Here, we're honing in on the technique and quality of the ingredients, and making no apologies for how rich and indulgent we've made it.

WHAT TO BUY

1.5 litres fresh chicken or vegetable stock
25g parmesan or grana padano, plus the rinds
60g cold butter, cubed
1 onion, finely chopped
300g risotto rice
150ml non-alcoholic white wine
2 tbsp mascarpone
50g gruyère or fontina
truffle oil, to serve (optional)
For the cheese crust (optional)
40g parmesan or grana padano, finely grated
¼ tsp cracked black pepper

THE RIGHT RICE

Short-grained, pearly white risotto rice is a must and the varieties arborio or carnaroli are both widely available. If you have a choice, carnaroli will be more forgiving (taking more time to overcook).

STIR FOR SILKINESS

Stirring constantly may seem like a faff, but for a really velvety risotto, it's essential. The stirring releases the starch from the rice, which thickens the stock.

STOCK VALUE

For the best risotto, nothing beats the rounded flavour of fresh stock. Find recipes on bbcgoodfoodme.com or pouches available from some supermarkets.

HOW TO MAKE IT

1 If you want to make the cheese crust, heat the oven to 200C/180C fan/gas 6. Season the cheese with the cracked black pepper and scatter evenly over a baking tray lined with baking parchment. Bake for 8-10 mins or until golden, then set aside to cool. Break into shards. *Will keep in an airtight container for up to two days.*

2 Put the stock and parmesan or grana padano rinds in a saucepan, bring to a boil, then turn down to a simmer. Melt one third of the butter in a large, shallow saucepan, add the onion and fry gently over a low heat for 8-10 mins or until soft but still white. If the onions look dry at any point add a touch more butter to the pan.

3 Stir the rice into the onions, turn the heat up slightly and cook for 3 mins, stirring until the rice is coated in butter and turns a pearly translucent white. Pour in the non-alcoholic wine and stir for about 2 mins.

4 Add a ladleful of the simmering stock to the rice and stir well until absorbed, then continue the process. The rice should be bubbling gently and each addition should be mostly absorbed before more stock is added. After 15-20 mins the rice should be tender with a slight chalky bite. The overall consistency should be saucy but not sloppy – you should be able to see the bottom of the pan when you draw a spoon through it.

5 Take the pan off the heat and leave to stand for a minute, then vigorously stir in the remaining butter followed by the mascarpone, gruyère and parmesan, then stir with enough vigour that you hear the rice slapping against the side of the pan. Keep on stirring until the butter and cheese have melted together and the stock is thick and oozing. Serve the risotto ladled into warm bowls, topped with the shards of cheese crust and a drizzle of truffle oil, if using, plus a good grinding of black pepper.

GOOD TO KNOW calcium

PER SERVING 595 kcals • fat 24g • saturates 15g •
carbs 66g • sugars 4g • fibre 3g • protein 21g • salt 2.7g

OOZY DOES IT

The trick to oozing risotto is the stirring, then the final beating in of butter and cheese. The butter should be fridge-cold and the beating in done vigorously, so the butter further thickens the sauce.

A TOUCH OF TRUFFLE

As an optional extra, this risotto can be drizzled with truffle oil to give it an earthy richness, and a little touch of luxury if you're cooking for a special occasion.

reduce waste

use your leftovers

Make another exciting meal using whatever is left from this month's recipes

TRY THESE DISHES

Spring greens tart

Put any leftover **spring green salad** in a colander to drain off the dressing. Tip into a shop-bought pastry case. Combine **250ml double cream** with **4 eggs**, beaten, then pour over the greens. Bake at 200C/180C fan/gas 6 for 30 mins.

Quick salmon canapé

Chop any leftover **dill** and **salmon** and combine with leftover **half-fat crème fraîche**. Spoon this into any leftover **Little Gem lettuce leaves** or **blinis**.

Jewelled squash & rice salad

Chop any leftover **squash** and mix with any leftover **rice** and **salsa**. Enjoy straightaway or chill it for lunch.

Beetroot & lentil borscht

Cover any leftover **beetroot bourguignon** (recipe on bbcgoodfoodme.com) with double its volume of **vegetable stock**, bring to a simmer and cook for 10 mins. Blitz with a hand blender until smooth and serve hot or chilled.

Easy nigiri

Whisk **1 tsp caster sugar** with **3 tsp white vinegar** and a pinch of salt. Sprinkle this over any leftover **sushi rice**. Mould the mix into balls, then top with leftover sliced **salmon**, **smoked salmon** or **large cooked prawns**, halved. Serve with **wasabi** and **soy**.



Photograph ISTOCK/GETTY IMAGES PLUS



4 QUICK IDEAS WITH Shredded lamb

If you have leftovers after making roast lamb, try these ideas

• **Pulled lamb sliders**
Pile the lamb into **toasted brioche buns** and top with **leftover chopped**

onions, some **chilli sauce** and **chopped coriander**.

• **Lamb wraps** Wrap lamb in **grilled flatbreads** with **yogurt**, **chopped cucumber**, **tomatoes** and **mint**.

• **Pide-style pizza** Scatter lamb over an **uncooked pizza**

base, then bake until starting to crisp up. Drizzle with **harissa**, **yogurt** and **tahini**.

• **Lamb ragu** Reheat the lamb with **canned chopped tomatoes** until collapsing into the tomatoes, then serve with any leftover **couscous** or **rice**.



MIDWEEK MAGIC

If using our shopping list, here are three ways to use the cheese that's left over

GET MORE FROM

blue cheese

Blue cheese, fruit & nut salad

Toss blue cheese with sliced **pears** or **apples**, chopped **walnuts** or **pecans**, **salad leaves** and your favourite **dressing**.

Blue cheese steak

Crumble blue cheese over a **pan-fried steak**, then slide the pan under a hot grill until the cheese starts to melt.

Blue cheese dressing

Mash blue cheese into **soured cream** or **crème fraîche** with **mayonnaise**, **lemon juice** and **chopped herbs**. Season and use as a dip, or thin the mixture with milk to make a runny dressing for salads.

MAKE IT LAST LONGER

leftover herbs

Don't let fresh herbs go to waste – try these tips.



- Sit herb bunches in water like a cut flower. Not only will this look nice in your kitchen, but you can just snip off what you need as you're cooking.

- Wrap fresh herbs in a sheet of damp kitchen paper and chill until needed.

- Drop fresh herbs into a pan of boiling water for 1 min, purée in a food processor, then spoon into ice cube trays and freeze. Pop the frozen herb cubes into soups or stews for extra flavour.

- Fold finely chopped herbs into softened butter, then wrap in baking parchment, roll into a log and chill or freeze. Slice off pats to melt over chicken, steak or roasted vegetables.

- Tip herbs, nuts, hard cheese and olive oil into a food processor and blitz to make a chunky pesto to toss through cooked pasta.

HOW TO USE

cooking chorizo

Chorizo carbonara For a spicy spin on the classic pasta dish, swap the bacon for **diced chorizo**.

Chorizo dogs Halve **chorizo** lengthways, then griddle or grill. Stuff into **rolls** with **jarred roasted peppers** and **garlic mayonnaise**, then serve.

Easy chorizo baked beans Fry **chopped chorizo**, then stir in a **400g can of chopped tomatoes** and a **400g can of your favourite**

beans, drained. Simmer and serve as a side dish or on **toast**.

Chorizo hash

Fry **finely chopped chorizo** with leftover **boiled potatoes**, chopped or sliced, until golden. Serve alongside fried eggs, or crack **eggs** into the mixture and cook until the whites are set and the yolks runny.



GOOD FOOD & SUSTAINABILITY

At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

Tonight's special

recipe BARNEY DESMAZERY

photograph DANIELLE WOOD

Transform a pack of prawns into a takeaway favourite in less time than you would need to have it delivered

Sweet & sour prawns

The prawns here can be swapped for strips of chicken breast or beef tenderloin, but they'll take a few minutes more to cook through in the hot oil. We've chosen to go without pineapple in this version, but if you want, you can simply add half a can of drained pineapple chunks with the ketchup and soy.

SERVES 4 PREP 15 mins
COOK 15 mins MORE EFFORT

300g raw king prawns
2 tbsp soy sauce
40g cornflour
sunflower oil, for deep-frying
handful of coriander leaves,
roughly chopped
cooked rice, to serve

For the sauce

1 red onion, roughly chopped
2 red peppers, deseeded and
roughly chopped
2 garlic cloves, finely grated
thumb-sized piece of ginger,
finely grated
1 tbsp golden caster sugar
100ml malt vinegar
2 tbsp soy sauce
2 tbsp tomato ketchup

1 Tip the prawns in a bowl and mix with the soy, then set aside for a few minutes. Stir in the cornflour.

2 Heat the oil in a wok over a high heat to a depth of about 3-4cm. When it's shimmering or a cooking thermometer reads 170C, fry the prawns in batches for about 2 mins until crisp and golden, turning them with a slotted spoon halfway through. Carefully lift onto a plate using the slotted spoon. Turn off the heat. Leave the pan for a few minutes to cool down.

3 Carefully pour all but 1 tbsp oil from the wok – keep the remainder

for use in another recipe or discard.

4 Put the wok back on a high heat. When the oil is shimmering, carefully add the onion and peppers, and stir-fry for 1 min. Add the garlic and ginger, and continue to cook for 30 seconds, then scatter over the sugar and pour in the vinegar. Turn up the heat and boil for 2 mins. Stir in the soy and ketchup to make a thick, glossy sauce. When you're ready to serve, tip the prawns back into the pan and stir to coat in the sauce. Scatter over the chopped coriander and serve with cooked rice on the side.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 263 kcals • fat 13g • saturates 2g •
carbs 25g • sugars 15g • fibre 3g • protein 10g •
salt 3.03g



family

Spring holiday cooking

BBC *Saturday Kitchen* regular **Paul Ainsworth** shares some of the recipes he loves to make with his daughter during the school break

photographs MIKE ENGLISH



Ever since my daughter, Cici, six, has been old enough to interact, we've cooked together once a week. To start with, it was just an extension of messy play, just quality time spent with each other and me giving her child-friendly jobs like whisking, mixing or picking basil leaves off

the stalk. But now she's started school, she loves to get involved with the family cooking. Here are our favourites, a mix of the simplified versions of the recipes she loves to eat in my restaurants and things that are practical to make over the holidays.

Paul Ainsworth



Panuzzo sandwich

I'm obsessed with all things pizza, which is how I came across this, an inventive way Neapolitan pizza chefs turn leftover dough into baguette-shaped rolls. I now make the dough specially and fill mine with Italian ham and cheese. Yes, you can easily buy pesto, but nothing beats homemade. I make a batch, then keep it in the fridge over the holidays for quick meals and to use in pasta salads.

SERVES 4 **PREP** 20 mins plus proving **COOK** 12 mins **EASY**

For the dough

300g strong white bread flour, plus extra for dusting

3g (about half a sachet) fast-action dried yeast

1 tbsp olive oil

For the filling

1 tomato, halved and sliced

4 slices cooked ham

150g mozzarella ball, sliced and seasoned

small handful of rocket (optional)

6 tbsp pesto (see recipe, right)

1 tbsp olive oil

1 Put the flour in a large bowl, then stir in the yeast and a large pinch of salt. Make a well in the centre, pour in 175ml warm water and the oil and bring together with a wooden spoon to make a soft, fairly wet dough.

Turn out onto a lightly floured surface and knead for 5-8 mins until smooth. Divide the dough into four balls and arrange on a floured tray, well spaced apart. Cover with a tea towel and set aside for about 40 mins-1 hr until doubled in size.

2 Heat the oven to 240C/220C fan/gas 8 and put a baking tray in the oven to heat up. Roll the dough balls out on a floured surface into long baguette sticks about 22-25cm long, place on the hot tray and bake for 10-12 mins until puffed up and golden, then leave to cool. *Can be made a few hours ahead of baking.*

3 To assemble, split the bread down one side and neatly layer in the tomato, ham, mozzarella and rocket, if using. Mix the pesto with the olive oil, drizzle over, halve and serve.

GOOD TO KNOW calcium

PER SERVING 552 kcal • fat 25g • saturates 8g • carbs 58g • sugars 1g • fibre 3g • protein 22g • salt 0.9g



Paul's perfect pesto

SERVES 8 **PREP** 15 mins
COOK 5 mins **EASY** **V**

50g pine nuts or cashews

large bunch of basil, leaves picked

50g parmesan or vegetarian alternative

1 garlic clove, chopped

100ml olive oil

Toast the nuts in a pan over a low heat. Tip into a mini chopper with the remaining ingredients, or use a large pestle and mortar, then blitz or pound into a rough sauce. *Will keep for three days in the fridge.*

GOOD TO KNOW gluten free

PER SERVING 188 kcal • fat 19g • saturates 3g • carbs 1g • sugars 0.3g • fibre 0.2g • protein 4g • salt 0.1g



One-pan piri piri chicken dinner

This started out as a spicy marinade for spatchcock barbecued chicken, which I've toned-down and turned into an easy one-pan roast. Adjust the chilli levels to suit your family's tolerance. As well as drummers and thighs, you can sit a whole chicken among the vegetables to make it more of a meal on a Sunday. During term time, I add a few extra drummers to the pan for Cici to have cold in her lunchbox the next day.

SERVES 4 **PREP** 30 mins plus at least 1 hr marinating **COOK** 1 hr **EASY**

1kg bone-in chicken thighs and drumsticks (equal quantities of each saves any arguments)
500g baby potatoes, thickly sliced
2 peppers (1 red, 1 yellow), thickly sliced

200g cherry tomatoes
handful of coriander leaves, chopped
buttered corn on the cob, to serve

For the marinade

1½ tsp smoked paprika
25g light brown soft sugar
1 lime, zested and juiced
1 tsp dried chilli flakes (use less if you prefer less heat)
2 garlic cloves, chopped
4 tbsp olive oil
½ bunch of fresh oregano, leaves picked or 1 tbsp dried oregano
1 red chilli (optional), deseeded and chopped

1 Pound all the marinade ingredients together with 1 tsp salt using a large pestle and mortar, or blitz in a mini chopper to create a loose paste. Slash each chicken piece a few times, then tip into a bowl and coat in the marinade. Cover and chill for at least 1 hr or up to 24 hrs.

2 Heat the oven to 220C/200C

fan/gas 7. Tip the chicken along with the marinade and potatoes into a roasting tin. Toss together, then arrange the chicken on top of the potatoes, thighs skin-side up. Roast for 35-40 mins until the chicken has browned.

3 Remove the tin from the oven and mix the peppers in with the potatoes, baste the chicken in some of the juices in the tin and turn the drumsticks. Nestle the cherry tomatoes in among the chicken and roast for another 20-25 mins until the chicken is cooked through, the skin is crisp and the vegetables are nicely roasted. Scatter with the coriander and some flaky sea salt, if you like, and serve straight from the tin with the buttered corn on the side.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day • gluten free

PER SERVING 571 kcal • fat 30g • saturates 7g • carbs 31g • sugars 13g • fibre 6g • protein 42g • salt 1.8g

Fish finger hot dogs

Who doesn't love a fish finger sandwich? A more involved version of this recipe is a bestseller at my pub and it always sells out when we do food festivals. The trick to working with a fish like pollock is to salt it lightly 30 minutes before you bread it. This draws out the excess water and firms up the flesh.

SERVES 4 **PREP** 30 mins plus 1 hr chilling (optional) **COOK** 15 mins **EASY**

300-400g skinless and boneless pollock or cod, cut into 4 chunky fish fingers
25g plain flour
1 egg, beaten
100g panko breadcrumbs
sunflower oil, for frying

To serve

1 gherkin, finely chopped
4 tbsp mayonnaise
1 tbsp lemon juice and lemon wedges, to serve
4 brioche hot dog buns
½ iceberg lettuce, shredded

1 If you have time, lightly season the fish with sea salt flakes up to an hour before coating them, then cover and chill to firm it up. Put the flour mixed with some salt and pepper in a shallow bowl, then the beaten egg and breadcrumbs in another two bowls. Working in batches, coat the fish in the seasoned flour first, then shake off any excess and dip in the egg, followed by the breadcrumbs, then put the coated fish fingers on a plate. *Can be done a day ahead and kept chilled overnight.*

2 Pour enough oil into a large frying pan so that it covers the base. Heat the oil over a medium-high heat, then fry the fish fingers in batches until golden on each side and cooked through (approx 3-4 mins each side). Drain on kitchen paper, season with sea salt, then transfer to a low oven to keep warm while you make the sauce.
3 Put the gherkins in a bowl and mix with the mayonnaise and lemon juice. Split the hot dog buns, toast the cut-side under the grill, then spread each roll with 1 tbsp of the mayonnaise mixture, add a handful of lettuce, then a hot fish finger on top. Serve with the lemon wedges for squeezing over.

PER SERVING 601 kcal • fat 29g • saturates 6g • carbs 59g • sugars 10g • fibre 4g • protein 25g • salt 1.3g



Fish finger
hot dogs





Build your own pesto pasta salad

This is a great one to have in the fridge over the holidays. You can customise it by adding your kid's favourite veg or dress it up with rocket for grown-ups.

SERVES 6 PREP 10 mins

COOK 15 mins EASY V

400g farfalle pasta
3 tbsp olive oil
50g pine nuts

5 tbsp pesto
10 large basil leaves
½ lemon, juiced and zested
50g parmesan or vegetarian
alternative, shaved

To serve (optional)
halved cherry tomatoes, drained
sweetcorn, peas, rocket

1 Cook the pasta following pack instructions, then drain and toss in 1 tbsp of the oil. Transfer to a large bowl and set aside to cool, tossing occasionally so it doesn't stick.

2 Toast the pine nuts in a dry frying pan over a low heat, constantly moving them for 4-5 mins until browned. When the pasta has completely cooled, toss through the pesto, toasted pine nuts, remaining olive oil, basil, lemon zest and juice, and the tomatoes, sweetcorn, peas and rocket, if using. Season, then scatter over the parmesan and serve.

PER SERVING 415 kcal • fat 20g • saturates 4g •
carbs 43g • sugars 1g • fibre 4g • protein 13g •
salt 0.1g

Vanilla pavlova with pineapple & passion fruit

I prep all the elements for this and let Cici build them. Pineapple and passion fruit is a great combination for this time of year, but we like to use British berries and currants as soon as they're in season.

SERVES 4 **PREP** 25 mins plus cooling **COOK** 1 hr **EASY** **V**

For the meringues

3 egg whites
115g caster sugar
2 tsp cornflour
1 tsp lemon juice

For the cream

200g crème fraîche
25g icing sugar
¼ tsp vanilla extract

For the fruit salad

200g pineapple, chopped into small chunks
2 passion fruit, seeds scooped out
mint leaves, shredded (optional)

1 Heat the oven to 130C/110C fan/gas 1. Line a baking sheet with baking parchment. Draw four circles, 8-10cm in diameter, on the baking parchment, then flip over. Whisk the egg whites in a large bowl using an electric whisk until stiff peaks form. Gradually whisk in the sugar until thick and glossy, then the cornflour and lemon juice. Pile the meringue in swirls onto the marked circles, making a dip in the middle, then bake on the lowest shelf for 55 mins-1 hr until crisp on the outside and dry underneath. Turn the oven off, leave the door ajar and leave the meringues to cool completely. *Can be made a day ahead and kept in an airtight container.*

2 Whisk the crème fraîche in a bowl with the icing sugar and vanilla extract until thick and pillowy. Mix the pineapple and passion fruit together in a separate bowl. To assemble, spoon a quarter of the crème fraîche mixture onto each meringue, top with pineapple and passion fruit and drizzle with the passion fruit juice. Finish with mint leaves to serve, if you like.

GOOD TO KNOW gluten free

PER SERVING 373 kcals • fat 20g • saturates 14g • carbs 43g • sugars 41g • fibre 2g • protein 4g • salt 0.1g



Paul Ainsworth is the chef and restaurateur behind several restaurants on the North Cornwall coast including Paul Ainsworth at No6, Caffè Rojano, and The Mariners. To hear Paul chatting to Tom Kerridge on our Good Food Podcast about getting kids cooking, scan the code, left, to listen.
@paulainsworth



BBC goodfood Middle East

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make your own easter egg

With a little effort and some time you can make your own Easter eggs. Great to give as a homemade gift

Striped chocolate Easter egg

Get familiar with tempering, the art of creating chocolate with the perfect shine and snap.

MAKES 1 x 14cm, 2 x 10cm or 4 x 8cm eggs

PREP 45 mins plus cooling and chilling

COOK 10 mins **MORE EFFORT**

200g milk chocolate, about 36% cocoa solids,
broken into pieces

To decorate

200g white chocolate, broken into pieces

pink food colouring gel (optional)

100g dark chocolate, 70% cocoa solids (optional)

Equipment you'll need

- Plastic Easter egg mould (made of two halves), either smooth or crackled. The large mould used in these photos is about 14cm, medium is 10cm and smaller ones are 8cm.
- A wide artist's brush or pastry brush.
- Kitchen thermometer that can read low temperatures.
- Cotton or plastic gloves (available from chemists).
- A box, plus shredded paper or tissue to protect the egg. You could cover an old shoebox with pastel paper.

For super-shiny chocolate

Tempering means heating then cooling chocolate to form a particular type of crystals in the cocoa butter. It will then set hard and glossy with no blooming (dots and streaks) and it shrinks as it cools, making it easy to remove from a mould.

Here's a simple method

- Put $\frac{3}{4}$ of the milk chocolate in a heatproof bowl over simmering water and melt until smooth. It should reach 45°C.
- Add the remaining chocolate.
- Stir with a spatula until the pieces have melted and the thermometer shows 28°C. This can take a while, so just keep stirring, then use as soon as possible.

PER 8CM EGG 674 kJ • fat 42g • saturates 24g •
carbs 64g • sugars 60g • fibre 2g • protein 10g • salt 0.2g





1 Wash each half of your Easter egg mould with hot soapy water and a soft sponge, then dry carefully. Using a ball of cotton wool, buff the inside of the mould. The better the shine on the mould, the better the finish on the chocolate.



2 Melt, then temper the white chocolate using the same method described for the milk chocolate (see opposite), except that the temperature should reach 43C.



3 Colour half the melted white chocolate with a little of the gel, if you want, then brush stripes of it onto the moulds. Let it set before you paint on the rest of the white chocolate (it doesn't take long to set). Go over some stripes twice, to make the colours pop. Repeat the tempering process with the dark chocolate, if you like.



4 Line a baking sheet with parchment. Melt and temper the milk chocolate (see left). Half-fill one mould with the chocolate, then tip it this way and that to completely cover the mould.



5 Pour the excess back into the bowl and scrape a palette knife across the mould to clean the edges. Repeat with the other half. Set the moulds, flat-side down, on the lined sheet. Transfer to the fridge and leave to set for about 10 mins.



6 When the chocolate is solid, flex the moulds to gently release. Take your time – you will see the air creep its way between the plastic and the shiny, hard chocolate. Heat oven to 180C/160C fan/gas 4.



7 Heat a baking sheet in the oven until warm. Using gloves, pick up one side of the egg. Any messy edges can be melted flat by holding them against the tray. Next, carefully rub the flat edge of the egg on the tray to melt it a little.



8 Repeat with the second side. If you're struggling to pick up the egg from the tray, use your palette knife to help.



9 Hold the melted edges of the egg together for a few moments until they stick. Wipe away any excess, then leave the egg to set in the fridge for a few mins. It is now ready to wrap up for gifting. Store in a cool place away from fluctuating temperatures.

● Use eating chocolate, not cooking chocolate. Some specialist brands may provide you with specific information for tempering their own chocolate.

● Make sure you are testing the temperature of the chocolate, not the bowl underneath.

● It's easier to temper larger amounts of chocolate, so you're likely to have some white and dark chocolate left over from this recipe. Before it sets hard in the bowl, spoon blobs onto baking parchment. Store for use another time.

● For a butterscotch egg, stir 12 crushed Werther's Original sweets into the cooled chocolate before pouring.

● Using the painting technique, you can paint on the name of the recipient using a small brush – remember to write backwards, of course.

Just 5 ingredients

Go for classic British comfort food with a batch of moreish pasties

recipe ESTHER CLARK photograph MELISSA REYNOLDS-JAMES

Cheese, apple & potato pasties

SERVES 6 **PREP** 30 mins plus
1 hr 5 mins chilling **COOK** 50 mins
EASY V

300g cold butter
500g plain flour, plus extra
for dusting
2 medium potatoes (about 400g),
halved and thinly sliced
3 Granny Smith apples, peeled
and sliced
350g hard cheese, grated cheddar
works well

1 Line a baking tray with parchment. Dice 250g of the butter and tip into a mixing bowl. Add the flour, 1 tsp salt and 1½ tsp black pepper and rub

together with your fingers until the mix resembles fine crumbs (or whizz everything in a food processor). Stir in 8 tbsp cold water, then bring the mixture together with your hands to create a firm, smooth dough. Cover and chill for 20 mins.

2 Cut the dough into six equal-sized pieces and roll each portion into a ball. Chill, covered, for a further 15 mins. Meanwhile, tip the potatoes, apples, cheese and some seasoning into a bowl and toss together.

3 Lightly dust a work surface with flour, then roll out one of the dough balls to form a 22cm round. Spoon one-sixth of the potato mix down the centre of the round, then pinch the edges together to make a sealed parcel. Repeat with the remaining dough balls and filling. Transfer

the pasties to the lined baking tray and chill for 30 mins. Heat oven to 220C/200C fan/gas 7.

4 Melt the remaining butter in a small saucepan over a low heat, then generously brush over the pasties. Bake for 20 mins, then turn the heat down to 200C/180C fan/gas 6 and cook for 25-30 mins more, or until golden brown.

GOOD TO KNOW calcium

PER SERVING 929 kcals • fat 57g • saturates 35g •
carbs 81g • sugars 5g • fibre 5g • protein 21g • salt 2.5g



health

Delicious recipes and top nutrition tips

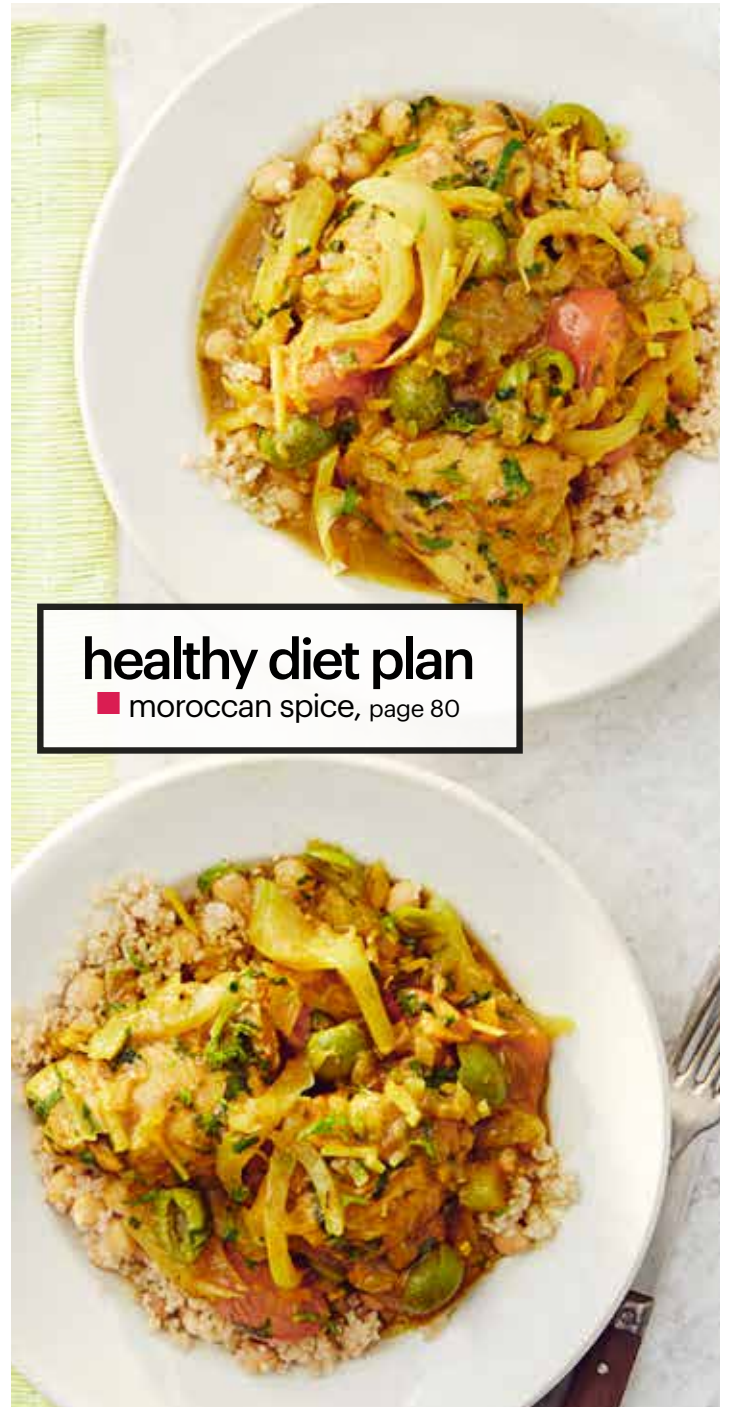
5 healthy ideas

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healthy diet plan

■ moroccan spice, page 80



5 healthy ideas

simple soups

Courgette, pea & pesto soup

Ideal for lunch or a light dinner, soups are full of goodness as well as being great comfort food. These easy and nutritious recipes will soon become favourites

Miso mushroom & tofu noodle soup

SERVES 1 **PREP** 10 mins
COOK 15 mins **EASY** **V**

Heat **½ tbsp rapeseed oil** in a frying pan over a medium heat and fry **70g mixed mushrooms**, sliced, for 5 mins until golden. Remove to a bowl using a slotted spoon and set aside. Add another **½ tbsp rapeseed oil** to the pan and fry **50g smoked tofu**, cut into small cubes, for 3-4 mins until evenly golden. Mix **½ tbsp brown rice miso paste** and 325ml boiling water from the kettle together in a jug. Cook **50g dried buckwheat** or **egg noodles** following pack instructions, then drain and transfer to a bowl. Top with the mushrooms and tofu, then pour over the miso broth. Scatter over **2 shredded spring onions** just before serving.

GOOD TO KNOW healthy • low cal • 1 of 5-a-day
PER SERVING 377 kcal • fat 17g • saturates 2g • carbs 38g • sugars 2g • fibre 4g • protein 17g • salt 1.5g

Red lentil & carrot soup

SERVES 2 **PREP** 5 mins
COOK 20 mins **EASY** **V** *****

Heat **2 tsp olive oil** in a pan over a medium heat and fry **1 onion**, finely sliced, for 2 mins. Add **3 garlic cloves**, sliced, and **2 carrots**, finely chopped, and cook until softened slightly. Stir in 1 litre boiling water from the kettle, **85g red lentils** and **1 veg stock cube**, crumbled. Cover and cook for 15 mins until the lentils are tender. Remove from the heat and stir in **2 tbsp chopped parsley**. Serve in bowls topped with a few parsley leaves.

GOOD TO KNOW healthy • low fat • fibre • iron • 2 of 5-a-day
PER SERVING 258 kcal • fat 5g • saturates 1g • carbs 37g • sugars 12g • fibre 8g • protein 13g • salt 1.6g

Minestrone in minutes

SERVES 4 **PREP** 2 mins
COOK 8 mins **EASY** **V**

Bring **1 litre veg stock** and a **400g can chopped tomatoes** to the boil in a large pan. Add **100g thin spaghetti**, broken into short lengths, and cook for 5 mins. Add **350g frozen mixed vegetables** and bring back to the boil. Simmer for a few minutes until everything is cooked through. Serve in bowls drizzled with **olive oil** and top with **grated parmesan** or a **vegetarian alternative**, if you like.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING 162 kcal • fat 2g • saturates none • carbs 30g • sugars 8g • fibre 6g • protein 8g • salt 0.5g

Courgette, pea & pesto soup

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY** **V** *****

Heat **1 tbsp olive oil** in a large saucepan over a medium heat and cook **1 garlic clove**, sliced, for a few seconds. Add **500g courgettes**, quartered and chopped, and cook for 3 mins more until starting to soften. Stir in **200g frozen peas**, a **400g can cannellini beans**, drained and rinsed, and **1 litre hot veg stock** and cook for a further 3 mins. Stir in **2 tbsp vegetarian basil pesto** and season well. Ladle into bowls and serve with crusty bread.

GOOD TO KNOW healthy • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 206 kcal • fat 8g • saturates 2g • carbs 19g • sugars 7g • fibre 9g • protein 10g • salt 1.1g

Creamy leek & bean soup

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** **V** *****

Heat **1 tbsp rapeseed oil** in a large pan over a low-medium heat. Cook **600g leeks**, thinly sliced, for 5 mins. Add **1 litre hot veg stock** and **2 x 400g cans cannellini beans**, drained. Cover. Simmer for 10 mins. Stir in **2 large garlic cloves**, finely grated, and **100g baby spinach**. Cook for 5 mins until the spinach wilts. Add **150ml whole milk**. Blitz using a hand blender until smooth.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • 2 of 5-a-day
PER SERVING 218 kcal • fat 6g • saturates 1g • carbs 26g • sugars 7g • fibre 6g • protein 12g • salt 1g



Miso mushroom & tofu noodle soup

Creamy leek & bean soup

gf healthy diet plan

moroccan spice

Warming flavours, couscous and chicken combine in this dish that contains four of your five-a-day. It's great for a healthy midweek meal

recipe SARA BUENFELD photograph ROB STREETER

Moroccan chicken with fennel & olives

VIT C

IRON

FIBRE

SERVES 2 **PREP** 10 mins

COOK 45 mins **EASY**

- | | |
|--|--|
| 1/2 lemon | 1 tsp each ground cumin and coriander |
| 1 tbsp rapeseed oil | 400ml hot vegetable stock, made with |
| 1 large onion, finely chopped | 2 tsp bouillon powder |
| 1 fennel bulb, halved and thinly sliced, fronds reserved | 2 tomatoes, cut into wedges |
| thumb-sized piece ginger, finely chopped | 6 Kalamata or green olives, pitted and halved |
| 2 large garlic cloves, chopped | generous handful coriander, chopped, plus extra to serve |
| 4 skinless chicken thigh fillets, halved and any fat trimmed | 70g wholewheat couscous |
| 1/2 tsp each ground cinnamon and turmeric | 400g can chickpeas, drained and rinsed |

1 Squeeze the lemon over a bowl and set the bowl aside. Cut the lemon in two, remove the pith from one half and chop the rind.

2 Heat the oil in a non-stick frying pan and fry the onion, fennel, ginger and garlic until soft. Add the chicken and fry for a few mins more until just browned.

3 Add the lemon rind and spices, then pour in the stock. Cover and simmer for 25 mins, then add the tomatoes, olives, coriander and half the lemon juice. Cook for 5 mins more until the fennel and chicken are tender and the sauce reduced.

4 Meanwhile, cook the couscous following pack instructions and stir in the chickpeas. Add more lemon juice to taste, then serve the tagine with the couscous, extra coriander and fennel fronds.

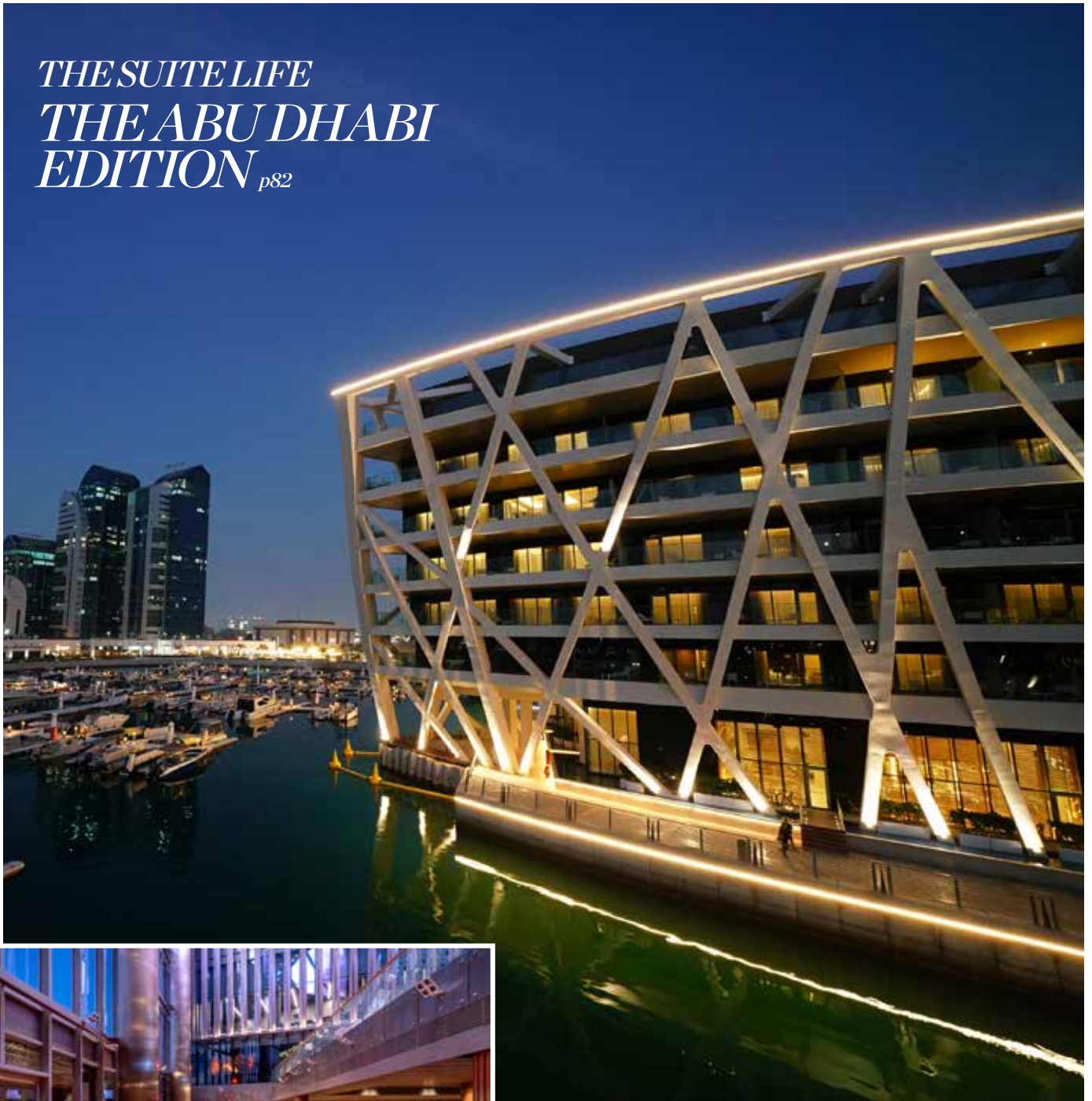
GOOD TO KNOW healthy • folate • fibre • vit c • iron • 4 of 5-a-day

PER SERVING 714 kcal • fat 25g • saturates 5g • carbs 56g • sugars 9g • fibre 20g • protein 56g • salt 0.8g



GOURMET LIFESTYLE

*THE SUITE LIFE
THE ABU DHABI
EDITION* p82



Competitions, p87

THE SUITE LIFE

A luxurious stay awaits guests this Ramadan at The Abu Dhabi EDITION, nestled in the heart of the capital's charming Al Bateen Marina neighbourhood



The Abu Dhabi EDITION, a luxury lifestyle hotel located in the capital's downtown district against the backdrop of the Al Bateen

Marina waterfront, is as stunning on the exterior as it is inside. We were thoroughly mesmerised by the modern, sleek architecture that exudes grandeur. Warm lighting and polished, sophisticated décor welcomed us at the contemporary lobby. As far as dining experiences at the hotel go, there is a lobby bar, pool bar, three-story social space, and three signature restaurants where Michelin-starred Chef Tom Aikens conveys his culinary ethos – namely Alba Terrace, Oak Room and an all-day dining spot, Market.

Accommodation spaces vary across 198 guest rooms with Marina or City views and 57 exclusively serviced residences. This month of Ramadan, the property has released an exclusive GCC Residents Package, including Iftar and Suhoor, that you can take advantage of. We were ushered over to check-in, a process that was smooth and quick and in no time, were on our way to our room.

ACCOMMODATION:

Clean lines, a neutral palette, wood panelling, grey oak timber flooring with solid pale khaki rugs in the main room, and off-white marble flooring in the bathroom awaited us in our Deluxe Marina room. A walk around the 49 sq. metre space revealed an elegant bathroom decked out in plush Black Tea amenities developed by world-renowned perfumery Le Labo; a tub that looked out to the bedroom, separated by a privacy screen; a well-appointed bed; lounge spot; and a spacious balcony that overlooked the Marina and the hotel.

We're fans of hotels that offer refillable glass bottles of water, and The Abu Dhabi EDITION did not disappoint. A complimentary shoeshine service comes with the room, if you need it; and we must talk about The Edition Robe, provided by La Bottega. Deserving its own mention, this bathrobe will have you forgetting any others you've ever tried on before.



CULINARY OFFERINGS:

Lucky for us, it was the weekend, and this meant we could indulge in the sensational Weekend Spritz experience at Alba Terrace. Described as a little more than a lunch, but not quite as extravagant as a brunch, The Weekend Spritz offers a leisurely Mediterranean-style afternoon on the gorgeous, lush terrace of the restaurant. An array of starters were served to whet our appetite, including a Signature charcuterie board featuring smoked duck breast, beef coppa, truffle salami and wagyu chorizo, accompanied by sour apple chutney, grape chutney and celeriac remoulade; a vibrant Paprika

marinated monkfish, with red pepper aioli, avocado and slow-cooked tomato, that simply melted in our mouth; and a crisp, fresh mint, feta and cucumber salad with peas, broad beans and quinoa.

Even though we were completely satisfied by each dish, the star of the show had to be the impressive Burrata cheese trolley, featuring a condiment assortment that you could pick and choose to craft your own creation. A breather was required at this point, and we chose to sip on brews, each better than the last. Take your pick from mocktails, soft or house beverages, grape, hops and bubbly; or innovative concoctions infused with ingredients such as fresh and burnt orange, lemon, marmalade, mint, espresso and even vanilla. Classic fresh-from-the-wood-oven pizzas showed up next, boasting a light thin crust, smoky exterior and toppings including ricotta, mozzarella, button onions, spinach and the tempting truffle. My dining partner and I opted to share three mains, each portion enough to please without overly filling you. The Baked red mullet escabeche with red pepper dressing and chives

was a stunner, brimming with colours and flavours; while the Grilled garlic gambas with lemon and garlic aioli, and the Veal and lamb meatballs with couscous, pomegranate and parmesan were simply sublime. A delightful Tiramisu, a selection of sorbet and Mille feuille with strawberries and orange confit presented an exquisite end to our spectacular Saturday affair.

We skipped dinner and lounged in the room with Netflix, in our comfy bathrobes. Waking up bright-eyed the next morning, ready for a grand breakfast at Market by EDITION, we chose to dine outdoors to make the most of the cool weather. Expect picturesque views of the Al Bateen Marina. Fresh watermelon juice and hot coffee with almond milk had us happy and almost ready to tackle the day, but not before we inhaled a hearty breakfast. The pastry section featured a myriad of freshly baked goodies, such as Coconut brioche, Cinnamon rolls, Chocolate doughnuts, Lemon Cronuts, and Cheese and Plain croissants. Savoury dishes were to-order, and I tucked into Baked shakshuka eggs



with a rich cherry tomato and shallot sauce, garnished with sumac yogurt, whereas my breakfast companion picked a generously portioned serving of Avocado and eggs on grilled rye toast, with flax and sesame seeds, cashews, nuts and lime zest. Sides are also available in the form of cold cuts and smoked fish. What we also absolutely loved about breakfast, was its timings. Available from early morning until 12:30pm, it allows for a lie-in and sometimes that's just what you need.

We were fortunate to be invited to the preview of Iftar at Market by EDITION. If you choose to break your fast at this stunning setting, complete with lanterns and ambient lighting, look forward to a traditional Iftar with a contemporary touch, created by The Abu Dhabi EDITION's exclusive partner, Michelin-starred Chef Tom Aikens in partnership with avant-garde local Chef Mohamad Orfali, exclusively for the month of Ramadan. The menu comprises distinctive dishes designed both collaboratively and by the individual chefs, alongside bites from live stations. As the sun sets, diners can reach for dried fruit and sip on water or fresh juices. In no time, our table was covered with a Trio of Tom's mezze comprising pumpkin hummus, muhammara and marinated chickpeas with flaxseed and turmeric crisp; and Orfali's deconstructed Fattoush, featuring heirloom tomatoes, red onion pickle and sumac bread. Both presented a fine start to the evening occasion. From the live stations, you can reach from delicacies such as Cheese sambousek, Kibbeh, Spinach fatayer, Chicken moussaka and Vine leaves; followed by Lentil or Mushroom soup, Chicken shawarma, Chicken shish tawook, Lamb kofta, Beef kebabs, Garlic prawns, Zucchini and eggplant and Corn on the cob with Garlic sauce, Chimichuri, Beetroot moutabal and labneh to accompany.

Heartier options include Lamb ouzi with cucumber yogurt and pine nuts; or gravies such as Butter chicken and Potato harra. Before we could move on to the main course specials, a Pita bread trolley stopped by, with the option to rustle up our preferred mini flatbread topped with sumac, za'atar or olive oil. We tucked into a Freekeh with braised lamb neck and shiitake mushroom, crispy fried onions, pine and cashew nuts from Orfali, and



Turmeric and saffron brined chicken skewers with a cinnamon glaze, over cauliflower tabbouleh - from Aikens. The chicken was flavour-packed and delectable, but I personally found the Freekeh with lamb a bit too rich. My dining companion on the other hand, devoured the dish. Desserts are aplenty from the restaurant's sweet carts, but we stuck with the main treats including Chef Tom's Rose water and raspberry baba with crème mousseline, glazed almond and mint, and Chef Mohamad's Hitaliyeh with mastic ice cream and Aleppo pistachios.

FACILITIES:

Guests are free to use either the hotel or the residence pool. We stopped by the hotel pool to catch some rays, which was sheer bliss. Relax and sip on complimentary fruit-infused water or the detox juice with cucumber and greens. For those who want to get in a spot of exercise, you can visit the state-of-the-art fitness centre; or pamper yourself with a stop at the Spa with seven treatment rooms.

INSIDER TIP:

Keep an eye out for signature chair pieces by local, emerging designer, Latifa Saeed - in the hotel lobby. Forming part of her 'Braided Series', the pieces are inspired by the distinctive way Emirati children braid their hair



and the labour-intensive process of weaving, a strong trait across numerous Emirati crafts, namely sateefa, telli and sadu. The collection pays homage by intertwining modern fabric to upholster with a range of contemporary form and furniture designs.

BOOK A STAY:

GCC Residents Package from April 1 to 30 at AED1,300 onwards (inclusive of overnight stay in a Deluxe Room, daily evening meal and breakfast. Guests can opt for daily Iftar at Market at EDITION). Iftar at Market at EDITION from sunset-9:30pm at AED198 per person. The Weekend Spritz at Alba Terrace on Saturday from 12:30-5pm (three-hour experience) at AED215 (soft package), AED325 (house package), AED445 (bubbly package) and AED550 (upgrade to cabana and pool access). Call +9712 208 0000 and visit editionhotels.com/abu-dhabi.



ST REGIS
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The all-new St. Regis Brunch serves up unlimited beverages and live stations from each signature restaurant. With live entertainment from Gari Deegan and Khalil B, rotating performances and a beautiful setting on the outdoor terrace.

AED 350 for soft beverage package

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Complimentary brunch for children 12 years and below

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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



BUONA DOMENICA, SUNDAY ITALIAN LUNCH AT TORNO SUBITO, WORTH AED700

Take a trip to the sophisticated, social and laidback 1960s Italian Riviera at Torno Subito, the delightful Italian restaurant from the culinary mastermind Massimo Bottura. Dive into Buona Domenica, a sensational sharing-style Sunday Italian lunch served steps away from the beach, elevated by free-flowing winning sips and live entertainment. One lucky winner will receive the opportunity to enjoy Buona Domenica for two people, inclusive of house beverages, at Torno Subito.



A DUSTMAGNET AIR PURIFIER FROM BLUEAIR, WORTH AED1,699 ONWARDS

Blueair, the leading Swedish air purification expert, has launched the DustMagnet which has been designed to catch airborne dust before it settles on surfaces. The DustMagnet also effectively inactivates bacteria and viruses; removes 99.97 per cent of airborne particles, including allergens, pollen, mould, pet dander and microplastics from the air; and successfully eliminates unpleasant odours and smoke. One lucky person will win a DustMagnet air purifier from Blueair for a life with less cleaning.



A HEALTHY GIFT HAMPER FROM INDIA GATE, WORTH AED500

The India Gate brand, part of the KRBL Ltd. Group, is one of the largest global exporters of rice and one of the most popular household names. While classic basmati rice is their staple product, India Gate also offers an extensive range of healthier options such as Quinoa, Sprouted Brown Rice, Chia Seeds and Flax Seeds, to name a few. One lucky winner will win a healthy gift hamper from India Gate, teeming with nutrient-rich products.



VOUCHER TO DINE AT RANG MAHAL, WORTH AED500

Rang Mahal, nestled within the JW Marriott Marquis Dubai, offers a perfect setting for a casual dinner, a special occasion or even a romantic date night. Adorned with Indian murals and colossal carved wood columns, 'Rang Mahal' translates to mean 'Palace of Colours'. Diners are invited to tuck into the best of Northern and Southern Indian delicacies, including curries, biryanis, desserts and more. One winner will receive a voucher to dine at this lauded Indian restaurant.



SATURDAY BRUNCH AT LI' BRASIL FOR TWO, WORTH AED776

Get ready for a culinary journey spanning Brasil and Lebanon at Li' Brasil, where a perfect marriage between the two countries' cuisines exists, elevated by a vibrant space starring majestic Ain Dubai vistas. Brunch Beleza offers an ultimate way to spend your Saturday afternoon, with a menu designed to encapsulate the dynamic synergy between the two cultures, signature concoctions and live entertainment. One lucky winner will receive a voucher for two to enjoy this Saturday Brunch.



VOUCHER TO DINE AT JEHANGIRS, WORTH AED500

A fine-dining modern Mughlai restaurant, Jehangirs at Al Mankhool is committed to offering its diners a royal Indian feasting experience they will cherish for life. Besides a grand setting adorned with rich colours and design elements, the restaurant sets out to impress with dishes such as Jalebi chaat, Rajma chawal arancini, Murgh patta, Mutton biryani and Smoked badam lassi. One lucky reader will win a voucher to dine at Jehangirs, Al Mankhool.



VOUCHER TO DINE AT STHAN DUBAI, WORTH AED500

Sthan, which in Sanskrit translates to mean 'a place', is meant to craft an ideal setting for food which knows no borders or boundaries. As such, diners visiting this casual dining concept for breakfast, lunch, afternoon chai or dinner, can look forward to delicacies spanning three countries - Afghanistan, Pakistan and India. Sthan offers a menu packed with unpretentious, soul-loving food that is perfect for sharing with family and friends. One person will win a voucher to dine at Sthan.



VOUCHER TO DINE AT TURQUOISE, RIXOS PREMIUM DUBAI JBR, WORTH AED500

Stand the chance to dine at Turquoise Restaurant, Rixos Premium Dubai JBR's all-day dining restaurant. A buffet-concept setting, Turquoise stars a warm ambience where couples, families and friends alike can gather to enjoy a plethora of international cuisine and authentic Turkish fare. From scrumptious appetisers that cater to palates of all ages to fresh treasures from the sea, juicy meats for mains and vegetarian delights and decadent desserts, Turquoise sets out to please.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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